

ERUDITIO

子衿雜誌

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The Only Constant is Change DR AGNES WAI 社工伴同行 明燈照前路 駐校社工 專訪

有朋來自遠方 內地生 專訪 Making the Right Decision at the Right Time Ms Irene LEE

Our Beloved Head Girl Karin Wong The Stories behind Luminous

The Greater Love during the Pandemic Lisa CHEN



聖士提反書院
ST STEPHEN'S COLLEGE

INHERIT^{AND}INNOVATE
傳承·創新

CONCERT 2023

LOST & FOUND

A Legend of Chimes Story

EVOKES YOUR MEMORIES IN CHIMES



BELL PLAZA

CHIMES

LEGEND

主席的話



韓一諾

時光荏苒，數載匆匆成往昔，轉眼間我已為中六生。這五年的前半段，是充沛的、豐盈的、具有激情的；後半段是與磨難與歷練並存、焦灼的、曲折的。

疫情席捲全球，困難的時光、焦慮的情緒籠罩全球的不同角落。煎熬的居家時光鍛煉了我的心氣，讓我的思想沈澱，性格沈穩，少了些毛躁。

回看這年，我從學報社員成為了學報主席，恍惚之間，彷彿一夜長大，擔上了許多責任和期許。隨著角色的轉換，我於學報的參與也多了起來，面對的挑戰也更多。

換做之前的我，必定感到惶恐不安；但借著沉澱的成果，我在沉思之後便試著從容地著手驟來的重擔。以進行採訪為例，我從往昔的唯唯諾諾、跟從學姐，到現在提攜組員，給予他們建議。過程中讓我真切感受到了自己的成長，隨之而來是難以言表的成就感。從前的我，在樹下乘涼，如今也成了栽樹的人。這是歷練後的成果，苦難中的饋贈。

若人生是一片汪洋，那麼近年無疑是波濤洶湧的幾年。我們作為茫茫大海中的一葉扁舟，面對狂浪襲來，驚濤拍岸，要在風暴中維穩，便需要不斷的適應變化，也意味著要調節、改變。在與風暴的博弈中，讓苦難錘煉你的心志，饑餓歷練你的身軀，悲痛激發你的心靈，才會迎來勝利的曙光。我們是這麼的渺小，又可以是那麼的勇敢的。也許在不知不覺中，在你不經意的角落，一個全新的你可能已經蛻變成蝶。

而在這次期刊中，我們也帶大家走進不同同學、校友的人生之中，讓猶豫的你、失意的你、無力的你，從他人的歷練中豐富啟發、體悟，或許能為你們的人生帶來一點點變化。

經過數年沈澱，烏雲散去，世界逐漸復蘇。希望你也可以用全新的自己去看世界的風采，堅定地擁抱心中所愛。

子衿編輯部

總編輯 韓一諾

副編輯 賁斯靜

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妙趣橫生

The Only Constant is CHANGE

An Interview with Dr Agnes Wai,

● Former Principal of St Stephen's College Preparatory School

Edgar Lui & To Chi Long



Appointed Principal in 1979, Dr Agnes Wai has served St Stephen's College Preparatory School for more than 42 years. Being one of the first primary school principals in Hong Kong to possess a university degree, Dr Wai has passionately devoted her entire teaching career to this school and overseen numerous reforms and improvements that have completely transformed the institution. In a few months' time, she will embark on a new journey in life and retire from the place which she has called home for so long.

Dr Wai has a lot of duties and responsibilities as Principal of SSCPS. 'Being able to pursue and accomplish my dreams in education is one of the best parts of my job!' The reform that she is most proud of is the change in language policy at the turn of the century, when the school became an English-medium school with Chinese classes taught in Putonghua. 'We've come a long way,' said Dr Wai, smiling. Decades ago, when the school organised its first educational tour to Singapore, the students were unable to communicate with the locals. 'They needed teachers' help to translate and ask for directions to the bathroom,' she recalled. But thanks to the rich language environment built by the new policy, students' Putonghua and English abilities improved in leaps and bounds. By the time another overseas educational tour to Singapore was organised, Dr Wai was impressed to find that her students were able to fluently communicate with the people they saw.



It was not all smooth sailing though. Dr Wai's decision to have Chinese taught in Putonghua was met with some scepticism. 'Since students' mother tongue is Cantonese, people were concerned that they might struggle to follow Chinese lessons in Putonghua.' Nevertheless, Dr Wai was convinced that the reform was necessary as she believed it was essential for one to be proficient in several languages, not just Cantonese. 'My team worked diligently to prepare the materials necessary for the new language policy to work. As most parents were unable to speak Putonghua, our Chinese teachers had to personally record Putonghua dictation materials for the parents to use at home.' The team's efforts soon paid off. 'Some parents were so pleased that they came specifically to tell us that their children complained about their "bad Putonghua"!' Dr Wai said with a contented grin.

Another major reform that Dr Wai carried out involved the time-honoured boarding programme. When Dr Wai first joined the school, Grade 1 to Grade 6 students were all required to board. However, as parents gradually became more affluent, they wanted to spend more time with their children, who in turn became less independent. In light of this, Dr Wai remodelled the boarding programme significantly. It is now exclusively offered to Grade 6 students. 'The new boarding programme is geared towards equipping students with the skills and attributes that they need to face challenges beyond primary school life,' Dr Wai said. In the one-year-long programme, students can improve time management, acquire leadership skills and learn to socialise with others as well as take care of themselves.



Reflecting on the plethora of changes, Dr Wai vividly recounted stories from her first few years as Principal. 'When I stepped into my office for the first time, believe it or not, it had no air conditioning!' she laughed. Paperweights had to be placed on documents and loose pieces of paper to prevent them from being blown away by the electric fans. Printing notices and exam papers were also a hassle since teachers had to use wax paper for stencilling. If something had to be photocopied, they had to go all the way to Wan Chai. Sometimes, when a teacher was on leave, it was Dr Wai who doubled as a substitute teacher. Once, she had to teach Grade 2 General Studies and the topic was looking after pets. A student shared about his fish, which he called a 'Moore'. 'Guess what he wanted to say!' Dr Wai said in amusement. It turned out that the boy had a Mori; 'Moore' was the name of Gary W. Moore, a famous jockey in Hong Kong. 'And you know what? The horse he drew had a big number on its back!' To Dr Wai, this is not only a funny story, but also a telling episode highlighting how the family background of the average SSCPS student has evolved over the years.

Having witnessed the growth of so many generations of students, Dr Wai had a few words to share with young people nowadays. 'While young people should spare no effort in their studies and work, they shouldn't push themselves too hard. A good work-life balance is imperative for their physical and mental growth,' she suggested, quoting the school song: 'We are prepared to work and play'. Dr Wai also advised young people to be passionate and persevere whatever they do. 'I would say my enthusiasm towards education and eagerness to accumulate experience helped me overcome many difficulties in the early years of principalship – when I was in my twenties!'

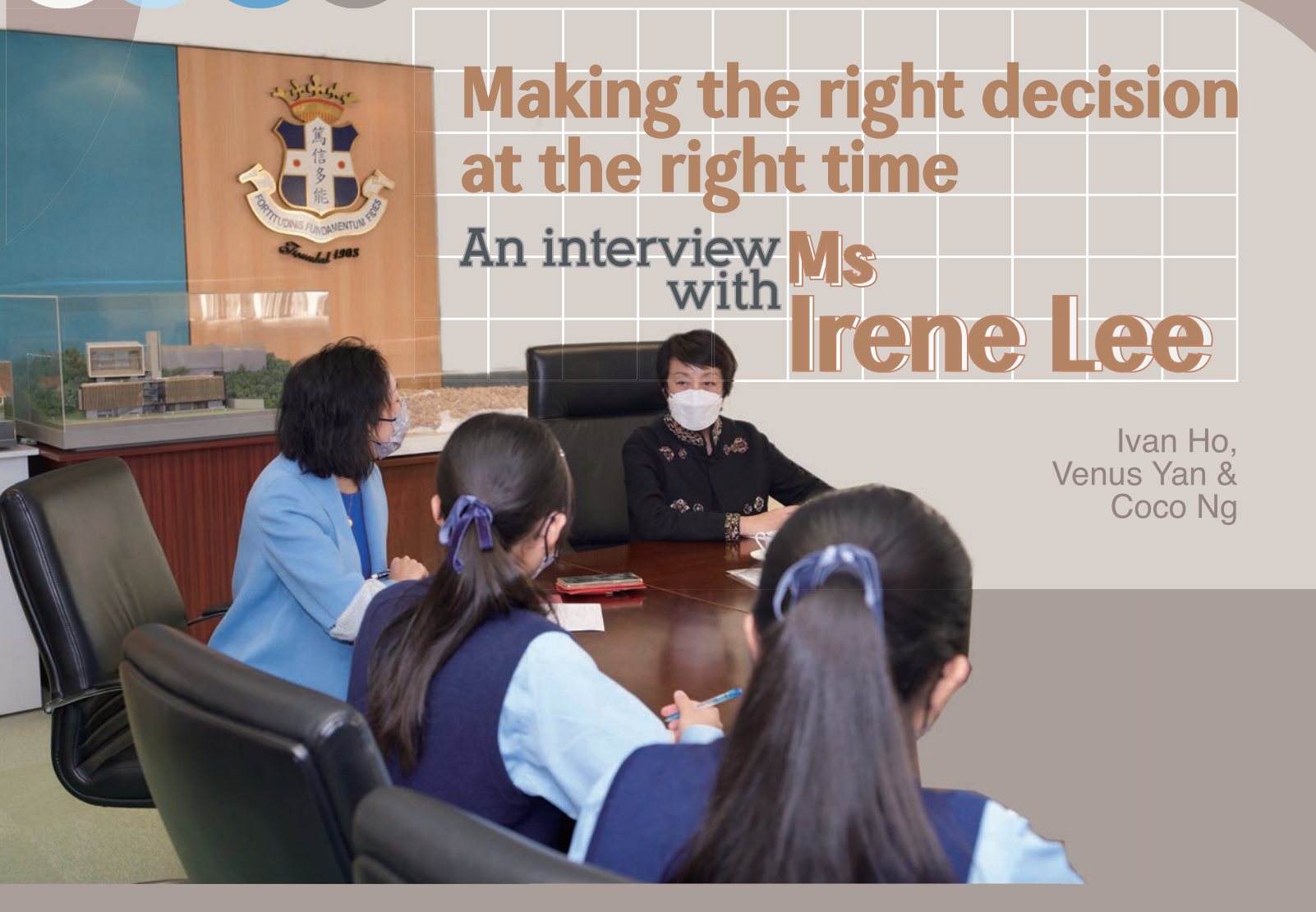
We would like to thank Dr Wai for her wonderful service to SSCPS, and we wish Dr Wai a long, happy and fruitful retirement. She will be remembered as a passionate educator who scaled extraordinary heights with a school that she loves so dearly.



Making the right decision at the right time

An interview with **Ms
Irene Lee**

Ivan Ho,
Venus Yan &
Coco Ng



13th of November, 2021 was a special day for us SSC students. Not only did the memorable Speech Day take place, student interviewers of the school's Eruditio Magazine were also able to conduct an interview with our honourable guest, Ms Irene Lee. Her insightful dialogue with students included many inspiring messages and teachings garnered from her rich experience of working at multiple reputable companies. Currently the Executive Chairman of Hysan Development Company Ltd., as well as non-executive director of the HSBC Holdings plc and The Hongkong and Shanghai Banking Corporation Limited and Chairman of Hang Seng Bank Limited, let us go through together what this more-than-ordinary guest had to share!

Being Multicultural

Ms Lee, having lived and worked in different countries and continents, looks back at her multicultural upbringing and overseas experiences. Throughout her career, she has resided in the US, the UK as well as Australia. Her many years of living outside of Hong Kong has shaped her to have an open and global mindset towards her life and work. Along with moving abroad, comes the many changes in one's living environments. For many, constantly living in foreign and unfamiliar places may seem intimidating. This is not the case for Ms Lee, however. "I would say that I belong everywhere. I'm just comfortable living in all places.", she said. We can certainly say Ms Lee is a natural at adapting to new things!

Upon sharing her multicultural background and sense of belonging in many places, she is particularly fond of Shanghai and Israel. "I say to many people that if I had a choice or a chance, I would love to live in China, Shanghai would be amazing for me. Before COVID, I used to go to Shanghai once a month for business. I love it there." She added, "Israel would also be a great place for me to live in. I would have loved to live there if I was younger."

Fond Childhood Memories

When Ms Lee was asked about the most unforgettable memory of her childhood, she replied, “Memories are rich and varied. Sometimes I think it’s even a fantasy.” Ms Lee mentioned that her favourite memory was the family gathering during Christmas when she was young. “We used to go to the Mandarin Oriental for lunch every year on Christmas Day. I love the beef fondue there.”

From Medicine to History of Arts to Law

As a holder of both an Arts and a Law degree, one may be surprised to know that Ms Lee has a career in finance. When asked about the reason behind, she revealed that she actually had not planned for her path and it had been just a series of opportunities. “My parents were very hands-off, not like today’s parents that seem to be a lot more concerned with their children. They definitely didn’t influence my decision.”

Ms Lee chose Medicine when she first entered college. “Doing Medicine in our days was a subject that only smart people choose. I chose Medicine because I didn’t want to disappoint my parents. However, it didn’t take me long to realise that it was not really my thing.” She then switched to History of Art which she referred to as a 360-degree change.

“After college, I was not ready to go into the real world. I wanted to study more.” Ms Lee mentioned that it didn’t take her too much thinking to study law. “That was really fantastic as I had another 3 years of studying” Ms Lee said it with a chuckle. “Since my father was also a barrister, I think that maybe he influenced me a tiny bit.” “After I finished law, I thought I should find a well-paid job. At least for me,



I always wanted to support myself.” Ms Lee pointed out that investment banking was the best-paying job and that was her decision. “My father said to me once that “don’t feel that spending three years studying law means that you must do law.”. Practising law can be a bit dry and boring. She emphasised that being open-minded is very important, she also reminded us to be ready for changes. Don’t wait for the right thing or the right time to come. Following the general direction is actually a good choice if you don’t know what you want.



Right Decision at the Right Time

When making important decisions in life, whether it is emigrating to other countries, or switching careers, requires us to make a right decision according to different situations. Ms Lee stressed on finding the right decision to make, rather than making the best decision. She shared her views on the fluidity of decision-making, as well as her own experiences. “I do a lot of mentoring for females, and I talk about going up and down “ramps” in life. When women enter their child-bearing years, oftentimes they must ramp down from their career, meaning they might have to work a job that requires less travelling or stop working. For me, once I had children, I decided to switch from investment banking to start a funds management business for my bank because it required less travelling. At the appropriate time, I ramped off from that and worked at the front line again.” For Ms Lee, her decision to switch careers was influenced by how she could combine her career with her family demands. This required thorough decision-making and a skillset of planning for the future. She said decisions are fluid and ever-changing. Which is why, we shouldn’t make a decision and think it is the best one, since circumstances change and we have to make adjustments that best fit the situation. Oftentimes, we are given many options and choices on how to lead our own life. Sometimes it’s better to go with what life throws at you!

Recipe for Success

Ms Lee believes that having good qualities and values is important for teenagers. ‘Resilience’ is a word that she always keeps in her mind. She described herself as a true believer in hard work. “You can be very clever, but without hard work, you’re not going to make the last step. Having curiosity and willingness to learn, and to read are essential in becoming a better self. Yet she explains that everything should be from the bottom of your heart, build up the hobby so that you would be able to find the motivation to learn. Respect is important as it is a very strong foundation for one’s life. Develop a love of learning, continuous learning no matter when and where you are is requisite. “Every single year I do something a little bit different, and in the past nine months, I have been doing Tai Chi. During this period of time, I faced seemingly insurmountable obstacles,” said Ms Lee. However, she keeps in mind not to give up easily. In fact, she does not allow herself to give up. As for children who tend to lack commitment, for instance, when they pick up a musical instrument. She suggested that they sign a commitment contract to focus on their decision making process.

Attributes of a Successful Leader

As a business leader, Ms Lee gained inspiration from mentors she met in her career path. “They are very caring and capable mentors who until now are still my friends.” She said thankfully.

“The willingness to stand up for what you believe in makes you a successful leader,” said Ms Lee. Being a CEO, she learnt the importance of standing up for the company and for what she believes in, at the same time fighting for what the company wants. Apart from

WILLINGNESS

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that, having good communication skills and being held accountable could strengthen the performance of the whole company. The ability and eagerness to change and to be agile are the key elements in becoming a successful leader. The fact that the world is changing reminds Ms Lee to always get prepared to change. She claims that “The only way to get yourself prepared for a change is to be hardworking and learn what is happening around you.”

The Latest Property Development Project

The Caroline Hill Road Commercial Project includes an area which provides the community with a childcare centre, an elderly day-care centre and district health centre. When asked the aims of the project, she replies that she would like to find innovative and inclusive ways to care for the elderly and children. Serving the community to Ms Lee is not just to give a place for people to sit there and have their lunch, yet building and creating things that really suit the elderly and children. “I feel excited to have facilities built on our land for the community.” Ms Lee shares.

Passion for Learning, Passion for Life

Now, so much has been discussed on philosophy and life lessons. We believe all students are just as curious as we are about the daily routine of a CEO! Ms Lee described her daily routine to be packed but at the same time passion-filled. As an individual who truly believes that hard work can bring success, Ms Lee keeps her schedule busy and efficiently utilizes her time in hand. She believes that the time slacked off could have been a potential opportunity to learn something new. At the same time, she tries to continue to develop her interests and hobbies, and tries her best to add them into her routine. On normal days, Ms Lee puts her work in priority and ensures her shareholders are happy. Then, she takes care of her 98-year-old mother and helps her manage the household. After that, she takes care of her children, but to a lesser extent since they have grown up. Last but not least, she emphasizes on having ‘me-time.’ “I think having me-time is so important; you must have time for yourself. As you get older, time is the most precious gift to yourself and others. Allowing yourself to have time helps develop interests.” For Ms Lee, she reserves a time slot on Saturday for her hobby of painting, and nothing or nobody would take her painting time away. Then after painting, she would go to a friend’s place for a martini and chit-chat. She believes in the discipline to work, but also in the discipline to play. That’s why she never lets herself miss out on her passions and hobbies. What a great way to enjoy the bits of life!

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After the interview with Ms Lee, we have found her to be incredibly positive, hardworking, and caring for people around her. She inspires many with her values and experiences and has certainly enlightened us about the life of a successful business leader.



遠方來讀書

陳海萍
張天慈
吳卓思
負斯遠
葉嫻堯



相信大家都發覺在班中總有六、七位來自內地的同學。不知大家對他們又認識多少？今期學報訪問了四位來自國內不同省市的同學，希望大家對這些遠道而來的同學有更深的認識。四位分別是劉顯為同學（潮州）、王浩智同學（陝西）、王慧琳同學（福建）、熊蘇婕同學（湖南）。

為什麼來香港讀書及選擇聖士提反書院？

劉顯為同學：國內學校只重視學業成績及應試操練，學生自由時間少、壓力大，校園生活也只是不斷的操練。此外，父母覺得香港教育較自由開放，沒有體罰和嚴厲的管教。同時，我的性格頑皮，較適合在自由的地方學習，所以父母便送我到香港來。本校是寄宿學校，結合規範與自由，既可培養個人紀律，也有較多個人時間，當然是不二之選。

王浩智同學：香港主要以英語為教學語言，有助打好語言基礎，將來如果要到外國發展，也是有利無害。此外，香港是國際化的金融大都市，父母認為有較佳的就業前景，我可以在這裏發展事業。本校是香港少數的寄宿學校，有助培養我的自理能力，讓生活更自律。

王慧琳同學：父母不認同國內考試導向的教育模式，也不希望我的學習時間排得滿滿，沒有個人空間。同時，香港以英語為主及強調自主學習，為我將來出國留學打好基礎及培養個人的獨立性。朋友推薦我到本校讀書。她表示這裏採用小班教學，老師可以高度關注同學的需要，課程也適切學生。我最喜愛本校的圖書館收錄大量歷史書籍及資料，對我學習歷史科很有裨益。

熊蘇婕同學：香港是一個多種族共融城市，父母認為在這裏讀書可令我建立廣闊的社交網絡，結識來自各地的同學。我的哥哥也是本校舊生，他十分讚賞學校給予學生很大的自由度，給了很多機會同學去嘗試，這培養了他的社交能力，讓他從靦腆變得自信。我十分同意哥哥的看法。學校經常展覽學生的作品，讓同學可以互相觀摩切磋，彼此鼓勵欣賞。在這裏我有很多機會擔任週會主持，提升了公開演說的信心。

在學業上，有什麼地方最難適應？及如何解決？

劉顯為同學：剛到香港時，最大的困難是英語問題，因此，很怕與同學和老師溝通，做功課也倍感辛苦。其後，慢慢克服恐懼多接觸英語，日子一久便適應了。

王浩智同學：不懂看繁體字。這也是內地生普遍的問題，唯有多認、多記。

王慧琳同學：困難是學文言文。自己本來對文言文的生僻字已感吃力，再加上老師用廣東話教授文言文，更是百上加斤。解決方法就是溫習時，查普通話讀音來背誦。現在，對文言文已不感陌生。

熊蘇婕同學：分組做功課，因為以前沒有經驗，所以討論時會較被動。但隨着時間的推移便適應了，現在還會主動做組長，引導組員完成任務。

畢業後，會到外國、香港、還是國內讀書？

劉顯為同學：會返國內發展。由於家人都在國內，遇到困難都有他們作後盾，也不需要承擔一個人在異地生活的壓力。再者，國內大學林立，選擇的專業也較多。

王浩智同學：會在香港讀大學。香港的大學在全球的排名並不低，而香港在國際上都佔有重要的地位，有利我將來的發展。

王慧琳同學：會在香港。香港是國際城市，許多外國企業都在這裏招聘員工，會有較多的就業機會。加上，香港整體的英文水準不低，日後選擇到國外進修也較有利。

熊蘇婕同學：會返國內讀書。因為港生以文憑試成績報讀國內大學會較容易成功及享有優惠政策。再者，自己選擇的專業在國內會更加對口。

訪問



對香港有什麼印象？

劉顯為同學：香港人生活很忙碌，步伐急速，不論任何地方、任何時候，都是人來人往，忙個不停。幸好本校的環境優美，綠樹林蔭，無敵海景。每天看到海，令人忘卻煩憂，心曠神怡，壓力也少一些。

王浩智同學：相比內地，香港仍保留很多中國傳統文化和習俗，但同時也接受西方文化，是名副其實華洋集處之地。在這裏，可以找到西式建築及舊時唐樓，可以品嚐外國美食和傳統美點。生活各方面都感中與西、傳統與創新的結合。

王慧琳同學：跟劉同學的觀點一樣。初時，看見宿舍同學吃飯的速度，都感到驚訝。香港的同學友善可親，平易近人，經常樂意糾正我的廣東話發音，也會向我學習內地的方言，彼此相處很融洽。

熊蘇婕同學：香港是一個高度包容、秩序井然的地方，香港人也很有禮貌。在學校，我感受到人與人的尊重。在學校我有機會展現才能，得到別人的欣賞及批評，令我獲益良多。



疫情期間難以回家，怎樣舒緩思鄉之情？

劉顯為同學：打長途電話和家人傾訴，平時和朋友一起，把時間排得滿滿的，讓自己沒有時間想家。

王浩智同學：家人已在香港置業，可以一起住，沒有特別思鄉之感。寄宿時，如有需要，就用視頻與家人通話。

王慧琳同學：會和家人用微信、視頻通話，也會發送生活照片到家人群組裏，製造話題，所以雖然身在遠方，也能感受到家庭溫暖。真的想家時，便相約其他的內地生聚會，舒緩心情。

熊蘇婕同學：平時有和父母通信，想家時便會拿父母的信出來閱讀，以慰鄉愁。



熊蘇婕攝於湖南長沙

認為學校宿舍還需要改善的地方？

劉顯為同學：食物可以改善一下。明白學校飯菜以健康為主，可味道上還可以改善，如味道別太淡。同時，不要在飯菜中加入水果。其餘同學均表同意。

王浩智同學：宿舍的無線網絡不應在凌晨一點就關掉，因為高中同學經常做功課至夜深，做課業也需要使用無線網絡，一旦沒有網絡就無法完成，需要大清早起牀補做。希望校方考慮延長宿舍無線網絡的使用時間。

相信透過這次的訪問，讓同學更進一步了解這群不惜千里迢迢，到香港讀書的內地同學心中的理想及對香港的印象。無論如何，不論你從哪裏來，是本地生，還是內地生，來了便是「聖記人」。大家一起在這優美的校園為理想而奮鬥，為知識而追求。



王浩智

如果問：本校的駐校社工是誰？大家一定準確地說：「Susan」。但你對 Susan 的工作又認識多少呢？除了 Susan 外，還有一位每天默默工作的社工，大家又知道她是誰呢？今期校報就為大家訪問學校兩盞「明燈」-- Susan（潘惠嫻姑娘）及 Agnes（溫紫琳姑娘）



潘惠嫻姑娘



讀書的興趣 長大成志業

從 2000 年起，潘姑娘已在本校工作，轉眼間已二十一年了。為什麼選擇社工呢？潘姑娘表示因為自小便很喜歡做義工，社工可結合興趣，不失為一件「樂業」，加上中學時接觸的駐校社工都是友善可親，受到她們的影響，便選擇了社工。

溫姑娘今年才到本校工作。她表示讀書時曾參與義工和童軍服務。當時的班主任也覺得她熱心助人，建議她報大學時可考慮報讀社工。修讀期間，溫姑娘發現社工的價值觀和自己的理念十分接近，畢業後也自然當了社工。

既是聆聽者 也是同行者

有些同學認為社工的工作只是和同學聊聊天。潘姑娘認為這是一種誤解，其實社工的工作範疇很廣泛，其中最重要的就是輔導：細心聆聽同學的傾訴，有需要時給予意見及提供幫助，當中涉及很多技巧。

溫姑娘補充，有些同學遇到問題，但又害怕與老師或家長傾訴，這時就需要社工陪伴他們一起面對問題，渡過難關。除了情緒問題外，同學們在學業上需要支援，社工也會為提供資源。有時，駐校社工的工作不僅環繞同學本身，更延伸到同學的家庭。

二人深信社工能助人也自助，自己是聆聽者，也是一個同行者，最重要就是幫助同學尋找工作方法解決情緒問題。潘姑娘認為本校同學很多事情都知道如何處理，只是情緒限制了思緒，而社工的角色便是開導和支援。

接納與互信 關係建立時

有些同學即使有困擾，也不敢向社工求助。面對這些同學，潘姑娘不會勉強接觸，而是請求與他們熟悉的輔導老師作中間人，希望讓同學感到舒服及自然一些。接觸後便會向他們解釋社工的角色，也會提供寫紙以外的渠道供同學們聯絡，例如手機短信。

溫姑娘認為在開啟同學跟社工的對話時，最重要的是讓同學感到輕鬆舒服。她表示同學不需要抱着有事才找社工的想法，這只會增添自己壓力。社工輔導同學並不是因為同學出現「故障」而為他進行「修理」，而是為了幫助他們消除內心的困擾。如果同學明白這點，便會較易接納社工，建立互信。

溫紫琳姑娘





潘姑娘補充本校寄宿的特點有利促進社工與同學建立關係。宿生有時間可以聯同朋友一起找社工，因此同學並不覺得見社工便是「有問題」，而是家常便飯。

成長與改變 印象最深刻

潘姑娘談到有些同學在校時比較叛逆，但畢業後重返校園，就好像變了另一個人，讓她體驗到人生的不斷轉變。有趣的是，有些同學提起當年她的教誨，但當時他們的態度是愛理不理，她以為他們不會聽入耳，原來當他們長大後仍會記得姑娘說過的話。這也是最令她欣慰的地方。



潘姑娘認為人的轉變是最奇妙的，體悟到人生的成長是有無限的可能，不能以他們小時候的表現作為框架，固定他們。大人受着很多的限制，但年輕人可以有一百八十度的轉變。潘姑娘見證不少同學的轉變，讓她感受到社工工作的意義。雖說社工不能幫助所有人，但至少有一群人在社工的陪伴下得到啟發，慢慢地成長，這就好像一份禮物，鼓勵她繼續前行。見證同學的成長，不但令她印象深刻，也成為工作最開心的一部分。

二十載深耕 無限滿足感

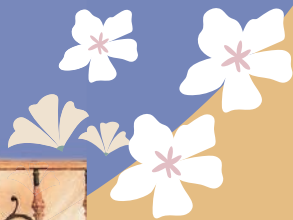
潘姑娘表示一開始沒想到會在本校工作這麼久。客觀來說，她希望有一份穩定的工作。但工作愈久愈能適應學校的作風，更能有效地幫助同學。最重要的是學校很開放，沒有給她太多限制，令她不捨得離開，也視學校為家庭。最感動的是同學沒有忘記她，她帶過的舊生（現已 30 多歲）仍會回校探訪她。

溫姑娘則表示在學校工作是一個最前線的機會跟同學溝通，希望能擔當一個同行者的角色，陪伴同學成長。

閒時家庭樂 修煉正能量

潘姑娘現在是兩名孩子的母親，她放假時會陪伴子女，希望透過相處瞭解年輕人的真實想法。

溫姑娘表示平日會去攀岩或者爬山，利用週末調節身心，培養正向思維，準備以最佳狀態迎來新一週的工作。為人子女的身份可以讓她體會同學對於家庭的感受及需要，也能從家庭角度瞭解如何幫助學生去面對學業等挑戰。



Our Beloved Head Girl



– An Interview with Karin Wong

Mavis Mei, Christin Huang

About Karin's Prefect Life

Christina: Why were you interested in being a prefect in the first place?

Karin: This is an interesting question. Actually, that is a long story. When I was in form three, my ultimate goal was to be the Docent Chairlady because the community really shaped who I am now. Unexpectedly, when I did become the Chairlady of the Heritage Society, it also gave me the opportunity to join the so-called Head Girl competition in form four. At first, I didn't think I would be chosen as my academic result was not that outstanding. But I still gave it a try because I didn't want to miss out on such a precious serving and learning opportunity.

Christina: So being a head prefect, what's the goal you wanted to achieve?

Karin: I'd say I would really like to use my influence to encourage lower form students to give a try of what they are interested in or passionate about. I hope that the lower form students could be braver, at least they will try something that they really want.

Christina: How did you balance your time being a student and being a Head Girl?

Karin: I think it is all about time management; also about having good communication with schoolmates, trusting your work partner and allocating prefect duties fairly in the team.

Christina: One more question about being the Head Prefect. What do you like most about this job?

Karin: It would definitely be my cooperation with the Head Boy, Nicholas. He has taught me lots of things, and we have become really good friends.



Karin



More about Karin

Mavis: So aside from school, what do you like to do in your leisure time?

Karin: In my leisure time, I really like to dance. When I was in junior form, I had time to practice in the studio, but in senior form with loads of work and school activities, I have had less leisure time to do things I like. Dancing is definitely a way that helps me to relax and I really should do it more.

Christina: Personality-wise, what do you think are your strengths and weaknesses?

Karin: I guess one of my strengths is I really like to meet new people, especially people who are a bit older than me because they always give me a lot of new insights about problems that I am facing. For example, I sometimes would feel lost and worried when it comes to university studies choices, my life or my future career pathway. So knowing different people from different backgrounds allows me to have more ideas about what I can do in future. That's why I think the spirit of trying and learning from different people is my strength.

As for my weaknesses, I would say sometimes I can get too worried about things like my academic performance because I really want to be perfect in everything. So I can get stressed out easily.

Mavis: As you are graduating, what is your future plan or goal?

Karin: For now, I don't really have a concrete one, but with my subject choices and my personality, I think I will choose to study business. If I have a chance to set up my own business or company that can provide some practical and useful solutions for the society's problems or people's needs, that would be great!

Message for SSCers

Mavis: Upon leaving SSC, what would you have to say to SSC students?

Karin: I'd say don't waste any chance. There are always opportunities around us, but if we are not confident of ourselves or do not trust ourselves, we would certainly miss out on a lot of things. So give it a try, you never know what's going to happen unless you try. Trust your instinct and believe in yourself, you might even achieve more than you've ever thought.

We hope the interview is inspiring to you, just as it has been to us. As Karin mentioned, we should grab every opportunity to try new things and be confident of ourselves. And this should be the spirit of every SSCer.



The Stories behind Luminous

An interview with
Kate Cheung, Coco Ng
and Grace Hui

Cheung Hau Tung,
Leung Tsz Ching



We are glad to have the President and Vice Presidents of Luminous, this year's Students' Association, to be our guests in this interview. They will share their stories of being the core committee members of the Students' Association this year.

Why did you run for the SA election?

Grace: We want to serve and make a change for SSC. We believe that with our actions and desire to improve SSC, SSC could become a place not only for learning, but also a place that could be called "home". We hope to bring love and happiness to students during the pandemic, especially when the society is depressed with the number of coronavirus cases.

Problems faced during the preparation of SA

Before they submitted their application form for the election, they had got most things covered. However, things seldom go as planned.

Kate: I was the Vice-President at the beginning. But somehow the ex-President made the decision to be the House Captain of a school's House. To strike for a better balance between study and her other school responsibilities, she decided to be the Welfare Board committee member instead.

Kate recalled she was then voted as the new President of Luminous by the members.

At the beginning, she was nervous and she always doubted herself, "Am I ready or even capable of leading the Association?" This question was soon answered with the full support of the committee members, especially with the help of her Vice Presidents, Grace and Coco.

Kate: I think my role models are my teammates, especially our Vice Presidents Grace and Coco, who really give me candid advice and tell me what I can improve. Even though I may not be the best president but Coco and Grace are surely the best Vice Presidents ever.

Kate said that both of her Vice Presidents are responsible, helpful and hardworking. They will give advice to her and help her see her problems, such as how she should communicate more with her teammates and listen more to their opinions. They are even used to having deep conversations.

With great teamwork and regular communication, we believe SSCers can really see and feel how Luminous is working towards their vision and goals.

Reflection on being the SA President

Kate: I may not manage my time well and perhaps I still haven't communicated with my members enough, but I think I have the ability to build unity among the committee members and I would say my strengths include knowing how to improve myself and listening to teammates' opinions.

Even though sometimes she may still face problems leading the team as she didn't have a lot of leadership experience before, her teammates have been very encouraging to her and have challenged her to keep growing and learning.

How Luminous work together efficiently

Members would communicate openly but not hide themselves or their own honest opinions from each other since that would keep them from moving forward to reach their goal.

Coco: We have grown a lot as a team after overcoming lots of obstacles together, and started to understand that we should always express our opinions honestly if we want to improve as a team.

Challenge provides opportunities for growth and success

Grace: We have experienced situations like members wanting to quit Luminous because of miscommunication problems. However, having been through all these, we realise we all have the heart to serve SSCers, not just voice our personal opinions of what we think is best.

As the Students' Association, Grace pointed out that their mission is to improve students' lives, so it is important for them to make good compromises and collect opinions openly.

Time management is the key to success

Coco: I always have this quote in my mind, which is 'time management is the key to success'.

Coco usually uses timetables and lists to help check if she is lagging behind her schedule. She will also prioritise things to ensure that she will not leave anything important and urgent to the very end.

Academic work and SA responsibilities always go first for Coco. As a student, she thinks that it is her duty to maintain good results in her studies

so she will always leave time for revision every night to reinforce what she has learnt that day. On the other hand, as the external Vice President of Luminous, she believes that she has the responsibility to handle all external documents well and have good communication with other schools and companies to seek the best benefits for SSC students.

Goals for the year

Kate: We aim to be student-oriented and the communication channel between the school and the students. We strive to serve our schoolmates, and we promise we will listen to all of their ideas with open-mindedness. We hope to create an enjoyable school life for SSCers with new activities, services, improved school facilities and welfare, and help every student at St Stephen's to have a brighter and more memorable school life.

Tips for those who are interested in being part of the SA in the future

When asked about what advice she would give to students who wish to run for the SA in the future, Kate thinks that the most important thing is to communicate with the team, because learning to listen and negotiate with others is really important if they want to run a SA. Secondly, SA runners should be more relaxed about the result of the election. Kate found herself really stressed towards the end of the election as she did not want all the work of her team to be wasted. However, she did tell herself that she had tried her best so there was nothing for her to regret about.

Through the encouraging messages from our Presidents of this year's Students' Association, we hope that you will be inspired to be a better team player or even consider running for a proposed cabinet position in the near future if you wish to serve your fellow schoolmates at SSC.



The Greater Love During a Pandemic

Lisa Chen



This city was in stagnation. The blue mask is the last hope. Viruses infiltrated everywhere in the world. We had nowhere to escape! While I heard patients yelling for help and the scream of the ambulance's siren. People engaged in business, trying hard to profiteer even in difficult times. Fortunately, some compassionate social volunteers kept working hard to help the needy ones, especially some of those underdogs.

Freedom is like air. I find its existence when I feel suffocated.

I arrived in Shanghai in March in an excited mood to enjoy and experience the world-class prime city. Unfortunately, it was the beginning of nightmares. All factories and commercial sectors closed down. All residential and retail outlets were sealed. The entire Shanghai was in complete lockdown, like a deserted city. I saw and heard lots of nightmares. My aunt suffered from high temperature fever up to 40 degrees Celsius. Physicians worked around the clock. The pandemic captured thousands of lives. It was hard to envision and face such a catastrophe that would have occurred in this metropolitan in 21 century. I could not help crying with a broken heart for those vulnerable lives and this shaky city. However, during critical times some brave citizens who were granted special permits to travel in the city opted to help cater and deliver necessities to home confined residents while they were under the threat of being infected and obliged to constantly undergo COVID tests.

Most people had their own faith. In witnessing their activities, there is no choice but to survive in the face of adversity. Complaining and anxiety would only sap my enthusiasm and hope for life.





I tried hard to overcome fears and get rid of worries. My family and I began to organise group purchases. We catered large volumes of onion cakes in the early morning and distributed them to residents in our community. One day during the time of material distributions, I heard the sound of a piano melody that I knew well, but then there were some mistaken tones. As a pianist, I was rather unhappy with the absence of a qualified music teacher to give the proper guidance. An idea rose in my mind. I made contact with our community relations personnel and volunteered to offer help in guiding the children's piano skills and theory in an attempt to help the kids go in the proper direction in their piano learning path. Even in these miserable times, I hope they can rely on music for a brief moment of solace. During our mutual contact, I could sense the innocent and naive piano tone that happened to be about the same as I did during my childhood. As I grew and getting mature, my emotion and perception began to evolve, and I missed my innocence of that time. What surprised me was that one of the kid's parents came to my home and brought me a bag of McDonald's as a token of appreciation. I was touched. During the pandemic time, McDonald's was regarded as something luxurious. Her kindness and sincerity brought me warmth, which also helped bridge our relationship closer. Although I have no idea when the lockdown will be over. I am able to explore and find out some hopes that are under concealment during the quagmire.

Being a high school student, I could hardly run to the front line to join the pandemic workforce. However, I consistently did the best I could as a volunteer to offer help wherever I had the capacity to those in need in our community. What I experienced this time would not be easily erased from my memory. I am convinced that the voice of liberty and justice are immortal. All countries in the world are helping one another during this COVID pandemic. I truly wish that this world which I love so much, will revive to a good shape as it used to be, and we all can see one another's genuine smiles again!



食在元朗 傳統中

香港傳統小食文化源遠流長，既承襲了嶺南的特色，又創製出自己獨特的風格。然而，隨着社會的變遷，外地飲食的傳入，這些小食已逐漸式微。這期，我們抱着探古尋奇的心態，走進元朗，嘗試為大家發掘它們背後鮮為人知的故事。

步出元朗站，轉乘輕鐵，到了其奧花生糖專門店，訪問第二代傳人。

賁斯靜
賁斯遠
張善淇



創業唯艱 子承父業

自十歲左右就跟隨父親看守店鋪的黃先生，已是第二代傳人了。黃先生大學畢業後便延續父親的心血，打理生意。他覺得父輩從事這行生意已二十多年了，不想廢棄，便毅然承繼父業。

據黃先生所述店鋪開創的過程崎嶇曲折，屢次轉型。初期原本是售賣煎釀三寶、魚蛋、燒買之類的熟食，然而由於政府的管控，不得不轉售乾貨，其後輾轉轉賣酥餅、糖果等傳統小食，結果大受歡迎，可說是「無心插柳柳成蔭」。

後來父親嘗試研製花生糖，廣受坊眾喜愛。現在花生糖已成為「鎮店之寶」。黃先生表示雖然現在喜歡傳統糖果糕點的年輕人寥寥無幾，但也有貼合他們的口味的食物，例如齋雞粒、齋燒鵝等則都是年輕人的至愛。

潮流衝擊 傳統彌珍

黃先生指出不少人認為外地潮流文化的輸入，令人覺得傳統中式小食都是過時的象徵。但他觀察到現在愈來愈多人開始重視本土傳統文化，願意嘗試及支持傳統留下來的的小食。相信傳統小食能在時代的洪流之中仍有其生存空間。



黃先生認為傳統小食有傳承的必要。食物是文化傳承中不可或缺的一環，是塑造我們身份認同感的一部分，使人們產生一種歸屬感。就好像當我們到別國旅遊時，會發現當地的本土小食都會成為該國文化的一部分。因此，香港的傳統小食也可以說是本土文化以至傳統文化中扮演着重重要的角色。以黃先生店舖為例，它所出售的既有潮州特色、也有廣東口味，都是以舊式小食為主。

黃先生形容他們所售買的小食當中大部分傳統小食都可找到，除了潮式花生糖外，其他還有如光酥餅、雞仔餅、白糖糕、米通……。其中光酥餅更是經典的嶺南糕點。它以麵粉作主要材料，沒有油分，可存放較長時間，吃少少便有飽肚感覺，在舊時貧乏的社會，可以「當飯食」。光酥餅其貌不揚，份量大，價錢又大眾化，確是窮人的恩物，可以用「實而不華」來形容。現在偶爾品嚐一下，感受昔日口味，亦是一件不錯的事。

離開黃先生的傳統小食店後，沿着橫街，步行約五百步，便到了好到底雲吞麵舖，看見舖面不禁令人想起在網上瀏覽過的「有酒何妨邀月飲，無錢哪得食雲吞」這幅對聯。



屹立八十年 風味成一家

好到底麵家開業已近八十年了，至今已經傳到第三代——陳先生。據陳先生所述麵店創立於1946年。最初只在街邊挑扁擔買雲吞麵，兩年後租下店舖營業，至1961年，購下位於元朗的舖位，一直經營至今。

陳先生表示該店主打雲吞麵、水餃麵、蝦子撈。其中以雲吞麵最為受人們歡迎。據說雲吞麵起源於湖南，發展於廣州西關（上世紀廣州城最富裕地區），是當地有錢人宵夜、

點心的
貴價小食

（雲吞以鮮蝦與豬

肉份量參半作餡料）。二、三十年代，廣州人避亂香港，為謀生便開設雲吞麵檔，因而傳入。現在雲吞麵一般價錢約二、三十元一碗，貴的可以七、八十元一碗。其次，該店另一受歡迎的食品就是水餃，其餃皮是由豬肉及麵粉一起打碎，攪拌而成，更薄更滑，別有一番滋味。

創承傳統麵 無懼時代變

身為第三代傳人，陳先生指先祖在創辦麵店時，都是以薪火相傳作為初衷。現在，他繼承家族生意也希望秉承這個心願，一代一代傳下去。他認為近些年很多不同種類的麵食相繼傳入香港，如日本拉麵以及大陸各省傳統麵食（米線、酸辣麵）。這些麵食各具特色，廣受大眾歡迎，成為強勁的對手。面對挑戰，陳先生表示可能有些人會轉食其他麵食，但他深信雲吞麵始終是嶺南獨特小食，有其特色，自成體系，永遠得到港人的垂青。





離開好到底後，閒逛於元朗小巷，發現還有其他的舊店：涼茶舖、老式餅家（大同、恆香）、臘腸鹹魚舖等，在市區鮮有見到。

進入了一間涼茶舖，點了廿四味、龜靈茶品嚐一下，味道甘苦。據說廣東地區天氣炎熱，氣候潮濕，民間便在飲食習慣中，以中草藥熬成涼茶飲用，以祛濕降火，達至防治疾病的效果，體現了傳統「藥膳同源」的飲食觀念。這些平民「良藥」，最為人熟悉的莫過於「廿四味」（24種草藥）、「五花茶」（5種花）、「夏枯草」、「火麻仁」……

發展得相當



到了恆香、大同等老餅家，與好到底及其奧相比，它們已現代化和企業化，裝潢也具時代感，沒有陳舊的氣息，糕點除了老款式外，還有新式的以供選擇。它們還兼出售臘肉臘腸鹹魚等醃製食物。中國人食臘味，古已有之，孔子曾說：「自行束脩（修）以上，吾未嘗無誨焉。」（《論語·述而》）。「束脩」便是臘肉，

在當時作為學費。它們的產生由於食物有剩時，人們不想「暴殄天物」，於是把肉類加工並儲存起來，留待日後再食，反映傳統中國人珍惜、節儉的美德。

在做訪問的過程中，我們有更深一層體會：這些店舖的「掌門人」都是在營商賺錢之餘，仍以守承家業為己任，希望一代一代傳下去，這片孝心令人敬佩。他們都同意外來飲食文化的衝擊，傳統小食面對不少的挑戰，但同時也對傳統小食有信心，覺得不會被時代淘汰。訪問過後，我們對這些傳統小食有了進一步的瞭解，發現這些它們蘊含了民間的智慧（涼茶），反映了傳統的價值觀（醃製食物），閃爍着不可磨滅的光輝。但是，隨着時代的發展，人們飲食習慣的改變，它們會否被人們遺忘，以至湮滅於時代巨輪之下呢？



從樂壇潮流面向 看性別文化

林宇彤
韓一諾
葉正言
李文瀚
江正延

一、八、九十年代樂壇偶像

1 他英俊俊朗 她柔情似水

香港 80-90 年代冒出許多明星，是群星閃耀的時代，從這些被迫捧的帥哥美女，可見當代的審美觀，對男性、女性的形象要求。

當時的男明星多是濃眉大眼，五官立體，身型高大，體格壯實，帥氣而富「男子氣概」。當時也是香港電影的巔峰時期，不少著名男藝人也參演電影，扮演英雄、勇者、強者的角色。典型例子如劉德華，他是當時四大天王之一，最為人印象深刻的除了是他優秀的歌藝外，就是他《天若有情》中駕著摩托車的瀟灑形象。大眾認為他相貌端正，眉宇之間又充滿陽剛之氣，而且高大威猛，並不時以西裝搭配或者牛仔褲配襯衫，完美的表現出男性魅力。



《天若有情》劇照；圖片來源：
香港 01、人人焦點



鄧麗君照片；圖片來源：娛樂重擊、每日頭條



當時的女明星，大多是娥眉大眼，富曲線美，形象溫柔可人、清純乖巧。以當時紅極一時的女歌手鄧麗君為例，她小巧精緻的臉蛋、溫婉可人的舉止，配上她徐徐曼妙的歌聲，讓人感受到柔情似水的美好。

2 他高歌志向懷抱 她低唱情中悲怨

不難發現當時大眾傾向接受富陽剛氣息的男性，和富陰柔氣質的女性，其實如果追溯當時的音樂作品也是可以找到這帶典型性別色彩的跡象。男歌星除了有言情作品之外，也有牽涉民族大義、國家情懷，或訴說自身擁有宏大期望和抱負的作品，例如林子祥的《男兒當自強》，歌詞寫道：

做個好漢子 每天要自強 熱血男子 熱勝紅日光……讓海天為我聚能量 去開天闢地 為我理想去闖

歌曲情緒激昂澎湃，抒發著對熱血男兒本色應志在四方的恢宏氣概。字裡行間透露磅礴力量，突出男性勇於開拓、建立偉業的形象，符合受父權文化影響的華人受眾對男性的期望。

友情岁月

电影《黄金兄弟》插曲



圖片來源：muxiv.net

主題探討

除此之外，又如鄭伊健的《友情歲月》，寫到：

來忘掉錯對 來懷念過去 曾共渡患難日子總有樂趣
不相信會絕望 不感覺到躊躇 在美夢裡競爭 每日拼命進取
奔波的風雨裡 不羈的醒與醉 所有故事像已發生漂泊歲月裡

表現了男性對拼搏奮鬥的進取心，以及釋懷過去的豪邁奔放。共度患難的兄弟情誼，也讓聽眾們感受到同性之間的扶持互助，攜手砥礪前行的決心。

這類呈現豪情壯志、民族情懷的歌較難在當時女歌手中找到。女歌星的歌曲內容更多取材於情愛糾葛，男女關係。以鄧麗君經典之作《甜蜜蜜》為例，當中反復重複：

甜蜜蜜 你笑得甜蜜蜜 好像花兒開在春風裡

光是看歌詞，一股春風洋溢的戀愛氣息就撲面而來，呈現女性對愛情的憧憬和沈醉。此外，亦有不少歌曲呈現女性如何於愛情中受傷害，呈現女性可憐的弱者形象，例如王菲的《容易傷心的女人》，歌詞道：

情難自禁 我卻其實屬於 極度容易受傷的女人
要不要不要驟來驟去 請珍惜我的心

女主角被捲入愛情風暴，忍不住心動又一再被傷害，被情所困的柔弱形象躍然紙上。歌詞呈現她一邊渴望著熱戀，一邊又擔心著傷害，優柔寡斷。這也反映當代女性角色多半為被動，在愛情中無法佔據主動，呼應父權文化影響的華人社會，女性也常被塑造為被動、弱者的角色。當年也有另類的男、女歌手，如梅艷芳就是一個例子，她不拘一格，亦剛亦柔，尤如雌雄同體，然這類歌手在當時樂壇影圈並不多見。



圖片來源：女人迷、人人焦點

二．千禧年代至近年

女性不可以獨立自傲嗎？

細看千禧年代至近年的粵語流行音樂，香港女歌手作品中的獨立自強意識逐漸抬起了頭。與以往相比，雖流行工業下產生的情歌仍大量存在，但主流女歌手的作品中開始大量呈現了剛強、活出自我的特質。在香港填詞人的筆墨中，女性不再是男性的附屬品，而是獨立自傲的個體。

歌手楊千嬅的代表作之一《烈女》中，填詞人林夕直白地揭露了女性大膽、剛烈的面向，與傳統認知中女性的柔弱與嬌嫩產生反差。副歌一句「烈女不怕死，但憑傲氣，絕沒有必要呵你似歌姬」中，男人要求女人去迎合自己，而女人卻渴望得到尊敬，歌中女性寧願死去，都不願屈膝附和，呈現女性自尊心強的形象。配合輕快的旋律與節奏，更顯女性剛強硬朗、自傲、不討好、不取悅男性的特徵。

而填詞界的另一巨頭黃偉文，也在女歌手的作品中呈現了女性不屈、甚至自愛的性格特質。2016年，鄭欣宜的《女神》風靡全港。作品中控訴了在「美麗」定義狹窄的社會特質之下，女性遭到冷眼的情況。以第二人稱的方式，作品多次霸氣地強調了「不要低頭」、「你是女神」，祈使句、勸勉式的語句，鼓勵那些在「標準的審美觀」下，「不美麗」的女性應該相信要自愛、活出自信的自己。由於欣宜身形的豐滿多年來一直受觀眾嘲笑，作品的爆紅更是對她的一種自我肯定和鼓勵。

近年女歌手的作品中，不時呈現女性的灑脫和不羈。同樣是黃偉文的作品，從衛蘭2017年的《天敵》中可見，與第三者爭奪男友失敗時，她會「想輸給些厲害對手」，暗諷對手低賤；而「舊日情債」，她則「不再追究」，



鄭欣宜破天荒執導《女神》MV，22小時FB點擊率高達52萬。《女神》MV中每位女性都被戴上了皇冠，象徵著美麗的標準不只有一個，每位女性都能成為選美冠軍。圖片來源：香港01

彷彿一切的主導權都在自己手上。沒有呈現柔弱的痛哭流涕、沒有呈現屈膝的自卑狀態，而是選擇自己放下感情，不為誰而低頭的特質，更能突出這個時代女性倡導獨立自主的意識。

流行音樂與社會文化一直息息相關。從填詞人近年題材上的選取與主題上的傳遞，我們能夠頗大程度地看出女性的性別面向相較以往確實更為多面。痛哭流涕的慘情歌一直都存在，不過女性剛強自主意識的崛起，提供了另一個讓這類女性聽眾產生共鳴的渠道。

2 男性「美」？

近年來，選秀節目成功再次點燃香港民眾熱熾追捧本地偶像的心，從當紅的偶像團體，也能看到本土性別文化的變化。

隨時代的發展，性別意識漸見模糊，從普羅大眾對當紅男子組合 Mirror 的看法中，我們不難發現，如今的香港人較能接受不同風格的男性。Mirror 的成員無論是剛強的，還是陰柔的，都被社會中的不同人士視為「靚仔」，對「男性美」的解讀不只停留在富陽剛味的男子氣概，也接受另類的解讀。

Mirror 成員有 12 位，每一位成員都有不同的風格，Mirror 的其中一個賣點便是不同風格的碰撞。隊中 Lokman、Alton 的形象顯得剛強。以 Lokman 為例，他為隊長，身形健壯，好說唱，曲風偏向搖滾；而 Jeremy 形象偏向韓風「花美男」、擁有一個比較「陰柔」的臉孔，配合其溫柔暖心的待人之舉；Anson Lo 舞藝超群，跳起舞來甚至可比女性更嫵媚，剛柔並濟。看似風格毫不相關的男星，卻同樣都是 Mirror 的成員，也可以說這些男星，也是這時代男性的縮影，呈現性別形象多樣化。



Mirror 12 成員；圖片來源：U 港生活

在一個本土街坊中，主持人亦訪問了不同年齡層覺得 Mirror 哪一位成員最帥氣的問題。比較年輕的通常也會選擇 Keung To、Edan、Anson Lo、Jeremy，這些外貌上不太典型傳統「男子漢」標準的成員；而比較年長的卻會選擇 Anson Kong、Stanley、Lokman，他們比較喜歡富男人味的，欣賞擁有肌肉而又形象比較硬朗的。

不難發現，不同年齡層有對「男性美」有不同的解讀，這也可能跟受訪者成長的環境、接受的教育、認知的文化潮流等有關。而香港受「韓流」以及歐美文化所帶來的衝擊，令年青一代對於藝人不同形象的接受程度更大。相對地，八、九十年代，大眾未必那麼接受比較陰柔風格的男藝人，會套以「嫵型」稱號，可見社會對男性形象是有一套指標。現時似乎更多在乎平權思想，那「平權」指向的是讓男性回歸自己，活出本質，擁有表現屬於自己個人風格的權利，可以剛中帶柔，也可以柔中帶剛。

文化隱藏在生活的不同角落，我們不只可以在樂壇潮流中看到性別文化的變遷，在電影、電視劇、廣告、網絡小說等不同的媒體裡其實也可以看到性別文化變化的蹤跡，同學如果有興趣也可以去挖掘一下呢！



左圖為 Anson Kong 和 Lokman、右圖為 Jeremy；
圖片來源：U 港生活、elle

**Dororthy Wong, Teresa Chow,
Abbie Wong, Kay Wong,
Jana Lam & Choi Yan Yin**



The mention of spiders may be intimidating, but they are not as frightening as you think. They are fascinating creatures with delicate body structures and incredible survival skills.

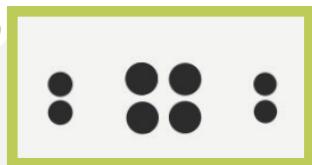
Between June and September 2021, our team participated in 4 spider surveys, organised by OWLHK. We hiked along the Leaping Dragon Trail at Cape Collinson with some university students, surveying the numbers of spiders appearing in different locations at different times. Throughout the process, we learned about the characteristics and living habits of spiders. We noticed a lot more spiders than we usually do as we were actively looking for them, rather than simply just hiking in the countryside. What's more, some of us were afraid of spiders before this survey, but we have learnt not to fear them anymore, for we saw their adorable and intriguing sides. We even shouted in excitement when we discovered one hiding under a leaf. Conducting this spider survey certainly broadened our horizons, and we would like to share all of our discoveries with you!

HOW ARE SPIDERS DIFFERENT FROM INSECTS?

Spiders and insects both belong to a phylum called Arthropods and they have segmented bodies. However, the bodies of insects are divided into three segments -- the head, thorax, and abdomen; whereas the bodies of spiders are only divided into two segments -- the head and the thorax. Moreover, insects have six legs, while spiders have eight legs. Insects only have 2 compound eyes, but spiders have 8 eyes! Try observing the Arthropods around you and determine whether they are insects, or spiders.

WHAT ARE THE MOST COMMON WAYS TO TELL WHICH GROUP A SPIDER BELONGS TO?

We can tell which group a spider belongs to according to two key features -- their webs and the arrangement of their eyes. The most common types of spiders we see in Hong Kong are Garden Orb Weavers, Tangle Web Spiders, Crab Spiders, and Jumping Spiders. Garden Orb Weavers usually weave round and 2D spider webs, while Tangle Web Spiders weave spherical or 3D webs. Most Crab Spiders and Jumping Spiders do not have webs. Other than webs, a significant feature to identify which group a spider belongs to is the arrangement of their eyes. The following diagram shows the positions of their eyes:



Garden Orb Weavers

4 bigger central eyes and
4 smaller ones at the sides



Tangle Orb Weavers

The eyes are similar in
size and are closer at the
sides



Crab Weavers

2 very big eyes surrounded
by 6 smaller ones



Jumping Spiders

4 big eyes in the front and
smaller ones at the back.
They have very good
eyesight in order to adapt
to their habitats.



CAN SPIDERS FLY THROUGH THE AIR?

No, spiders cannot fly through the air, but they can move in the air by ballooning! Whenever they feel threatened or want to travel somewhere else, they raise their abdomens, extrude silk strands, and 'float' away with the help of the wind.

WHERE DO WE SEE SPIDERS?

Spiders are most likely found on the bottom of leaves, on tree branches, inside bushes, under rocks, and near water sources. Some are also found in the four corners of fences and handrails. If you see a spider, don't be afraid. Most of them are harmless. Try to identify which group they belong to without disturbing them, and watch them float through the air!

THE MOST EXTRAORDINARY SPIDERS WE SAW

We saw many different spiders, but these four species were the most remarkable and shareworthy. We hope you also find them interesting!



This is *Araneus mitificus*. The pattern on its exoskeleton resembles the man on the logo of the chips brand: Pringles.



This spider is from the genus *Neoscona*. We found this spider on almost every plant we saw on the hiking trail. They eat insects.



This spider is from the genus *Cyclosa*. It likes to put some dust or soil on its web to camouflage it from its predators.



This is *Nephila pilipes*. The females are 4-10 times larger than their male counterparts. They can weave very large spider webs with diameters as wide as 1.5m.

Our team is extremely grateful to have had the opportunity to learn more about spiders, but we have barely scratched the surface. There is so much more about spiders that we haven't delved into yet. Our school's theme this year is courage. We strongly encourage all of you to step out of your comfort zones and take a closer look at spiders, or even other amazing creatures! You will surely be astonished to discover that spiders are an ubiquitous presence in Hong Kong and inside our school campus!



“

Mirror ‘uprising’: a study into social factors contributing to mirror’s rise to fame

Leung Lok Yiu

”

“

我老婆嫁左比**Mirror**導致婚姻破裂關注組

🔒 Private group · 353.3K members

”

“

WE ARE ONE AND ALL

鏡我係粉

”

With more than 350,000 members and growing, ‘My Wife Married MIRROR and Left My Marriage in Ruins’ was once one of Hong Kong’s most popular Facebook groups. Exactly as the name suggests, the group consists of husbands and boyfriends who, regrettably, have felt a newfound need to find understanding and comfort from online strangers ever since their partners became a MIRROR fan. And their worries are not unfounded.

All around Hong Kong, we see faces of MIRROR members plastered on large billboards, holding whatever product they were paid to advertise. Teens, twenty somethings and suburban moms alike scream their heads off and wave brightly coloured items in malls and stadiums where MIRROR makes an appearance. All these are evidence of MIRROR’s near-omnipresence that now defines our outdoor life – no wonder some people feel jealous.

Then comes the billion-dollar question: What has shaped reality as we see it today in Hong Kong? How did MIRROR become so popular? This article aims to answer this question by analysing several unique circumstances that have contributed to their popularity.

Business opportunities in a virus-stricken world

To account for MIRROR's popularity, one must first review its development as an idol group. The group first debuted in 2018, but remained relatively unknown for over a year. This was at least partially due to anti-extradition protests in 2019 and the COVID-19 pandemic outbreak in 2020, where people were preoccupied by the political and social turmoil and had no time for MIRROR. This is not an isolated case: in fact, from 2019 to 2020, entertainment and media revenue in Hong Kong dropped by 11.8%.

Notably, the first of MIRROR's popularity spike was in November 2020, after the ViuTV show 'We are the Littles', starring many MIRROR members, aired. This provided MIRROR with much needed publicity as well as enlarged their fan base. Coincidentally, the airing date perfectly collided with the outbreak of the fourth pandemic wave and tightened virus prevention measures. Citizens' activities became limited to their homes. Naturally, they turned to the comfort of their television, and by extension, ViuTV and MIRROR. Seriously, it was almost as if the director of the show had prophetic powers.

MIRROR's popularity reached its height in 2021. From snatching six awards in the annual Ultimate Song Charts Awards Presentation, the rolling out of the singles 'WARRIOR', the airing of 'Ossan's Love', to ultimately taking up 70%(!) of Hong Kong's advertising market, MIRROR finally became the ubiquitous phenomenon that we see now. This came amid relaxed COVID prevention measures and increasing consumption. Finally having the chance for (slightly more) action, the fan base generated in the past two years exploded in a flurry of concerts, fan meetings and TV appearances. This is called time-accurate marketing. After two years of quarantine, closed stores and outdoor facilities, Hongkongers' intense craving for entertainment manifested in the form of star-chasing craze for MIRROR. This, coupled with ViuTV's disturbingly timely promotions, created the superstar of a new era. At least

partially, anyway. There are, of course, other reasons for MIRROR's spontaneous rise.

The much-dreaded politics

As mentioned before, 2019 was a year filled with political turmoil. 2020 less so on the surface, but conflicts and grudges only ran deeper after the introduction of the national security law in June. The social atmosphere was, to put it bluntly, repressive. A sense of failure and powerlessness to act hung over almost everyone's head like a particularly gloomy cloud. Compounded with the unemployment, social distancing and lockdowns that came with the pandemic – life was generally depressing. And then came MIRROR.

Do some research, and one would easily find that MIRROR's songs all revolve around the spirit of love and the faith that one is all-powerful. Generally, MIRROR portrays an upbeat and positive image: a sharp contrast to the doom and gloom of real life. It is also worth noting that MIRROR has very carefully avoided making any sort of political statement (despite some people's wishful thinking). As a result, MIRROR has seemingly become some sort of refuge from politics. Its positivity and political ambiguity raise the mood of fans as well as allow them to indulge in some sort of entertainment without constantly being reminded of the problems they face in life. In short, MIRROR provides an escape from reality, and a very successful one at that. A round of applause, again, for ViuTV!

Bad competitors

It is perhaps time to focus on MIRROR's kingmaker instead of the boy band itself. After all, MIRROR is ViuTV's most prized money-making asset: all advantages ViuTV has automatically means more resources channelled into the group. In this case, the advantage comes in the form of a lack of competent competitors in the market. Yes, TVB, we are looking at you.





For as long as anybody can remember, TVB has more or less been the dominant broadcasting company in Hong Kong, operating 5 channels by itself. However, it has also been strongly criticised, especially by young audiences, for its clichéd dramas, never-ending cooking shows, and repetitive singing shows, to name a few. It was already on the decline before ViuTV even appeared, and according to Internet forums such as LIHKG, some ex-viewers even deliberately turned to ViuTV simply to raise a metaphorical middle finger to TVB.

ViuTV has certainly capitalised on their opponent's obvious weaknesses. From the very beginning, the company has strived to add creativity and diversity to its content, especially its dramas and reality shows. The prime example of this is ViuTV's airing of the *Gutter*, which has been praised for its plot, the delicate portrayal of human emotions, and its ambitious goal of breaking the fourth wall. To no one's surprise, the company attracted a significant number of viewers from TVB, paving the road for its ultimate triumph.

The attention and revenue gained was then put into promoting MIRROR – and in turn driving audiences away from TVB. The TV drama *Ossan's Love*, featuring 3 MIRROR members, reached a record-high viewership rating of 7.9 since the opening of ViuTV. On the other hand, *Murder Diary*, the drama aired by TVB at the same time, received a record low rating in TVB history. A higher viewership leads to more money, more resources for MIRROR, and therefore better opportunities to gain new audiences, so on and so forth. It's a positive feedback loop.

Had TVB ever tried to establish a rival boy band, or even tried to appeal to younger audiences, MIRROR's rise to fame would certainly have been more difficult. At the very least, they would not have achieved such dominance in Hong Kong's entertainment industry. But we live in this reality where TVB did neither of the above, and MIRROR, with literally no competition, became famous.

Author's note

And this is the secret formula to MIRROR's success: coronavirus, political divide, and an unpopular rival. Of course, these are not the only reasons that have contributed to MIRROR's popularity. The clever concept and design of MIRROR's career as a boy band as well as its members' individual capabilities, for example, is what gave it the potential to become popular in the first place.

The aim of this article, however, is to find out reasons behind MIRROR's success that belong only to MIRROR and not other numerous boy bands around the globe. Therefore, only the most prominent external circumstances benefiting MIRROR that are unique to Hong Kong in this specific era have been included. Martin Luther King once said, "Only in the darkness can you see the stars." Perhaps it is the same in our world: only in a time plagued by fear, insecurity and conflict can people develop the single-minded, borderline obsessive devotion towards an idol we see right now. Welcome to another year with MIRROR in our lives, fellow HongKongers.



赤柱

鄧佑丞

一輪血紅的落日，從西方遙遠的天際緩緩降下，射出道道柔和的光芒，將周圍雲彩熏染通紅，而又於同時襯托著赤柱大街一如繼往的熙熙攘攘——人來人往的熱鬧景象！在萬丈金光普照下，縱橫交錯的巴士與汽車的車窗反照，顯得璀璨奪目。車輛匯集於此，如流動著的，連綿不斷的，顆顆鑽石；路邊行人紛紛，草木繁茂，又有如對於這「金帛珠玉」的襯托、點綴，動中帶靜。

漫步赤柱，透過蒼翠欲滴的葉簾，可見金濤滾滾的無垠大海，和那典雅的殖民地建築——美利樓，以及那縹緲的、似有似無的、彼岸的詩意朦朧；遙望大海波光粼粼，感受別墅林立的山丘，和那其中所賦的些許赤柱的謐靜清秀；

挪步狹徑，可見崎嶇蜿蜒的綿延山路，和那頑強的、石縫中的野草，相信這為駛過赤柱幽靜山道的汽車增加了許多路途樂趣，並與赤柱繁忙大道相輔相成，讓人感受到赤柱的一體兩面。

這滿賦詩意，為群山連綿所環繞，閃爍著璀璨光輝的赤柱，必然久存於來到這裡被美景震撼的人們的心間，腦海中始終縈繞一幀幀清新雋永的高清影像！赤柱終成為一處難忘之跡……



論「躺平」



鄧子淇

你是否經歷過早上七點的地鐵？一個個上班族爭先恐後地擠入地鐵車廂，如沙丁魚罐頭一樣擁擠，近距離感受他人的呼吸。這樣的日子日復一日，沒有人會不感到疲倦。在龐大的生活壓力下，一些年輕人選擇閒散怠惰，一「躺」了之，稱為「躺平一族」。

「躺平」意為人不起床拼命奮鬥，反而癱倒在床上不再渴求成功。在經濟轉型和產業結構調整後，工作增多，生活節奏越來越快，又有部分人在「內捲」（用於形容某個領域中發生了過度競爭，導致人們進入了互相傾軋、內耗的狀態），導致惡性競爭。「躺平」的出現是在情理之中了，這給予年輕人一個偷偷喘氣的空間。

適度的「躺平」是對自己生活的思考。梁永安教授指出，真正的「躺平」是對個人價值的追求。新一代的年輕人既追求國家的繁榮，又追求個人自由幸福。「躺平」作為一個台階，讓他們停下來思考自己生活和奮鬥的價值。自我意識強烈的人們，更想讓自己的生活更舒適，而不是做不帶薪的加班，和體會來在休息日也要隨叫隨到的憋屈。當然，這類「躺平」並非是讓你「一躺不起」，而是藉「躺平」作短暫的小休，給自己靜心思考、鼓氣加油的空間。

其實，真「躺平」的人很少，喊「躺平」的人很多。大部分青年都掙扎於「內捲」和「躺平」的縫隙之中，只是在偶爾遇到困難時調侃一句，是一種情緒宣洩。每個內心豐饒的人即使偶爾「躺」一會，也不會忘記換個姿勢擁抱世界，熱愛生活。淡泊明志，寧靜致遠，在短暫的「躺平」後，青年們也許會更清楚自己想要到達的目的地。

約瑟夫·坎貝爾說過：「如果你循著內心直覺的喜悅而行，你就走上了一條早已等待着你的軌道，你應該過的生活，就是你正在過的生活。」也許正迷茫的你，可以抽空讓自己「躺」一下，才能更堅定地前往你所嚮往的生活。

月夜

韓一諾

已入秋，聞不到八月桂花香就罷了，反而燥熱得很，讓人頗有些心緒不寧。

今天是周五，下課鐘如期而至，我往學校宿舍慢慢踱去。只見得同學們比平時更加積極的衝出教室，在校園里亂竄。大部分的住宿生也匆匆趕回宿舍，抓起早已收拾好的行李跑出學校。看著飛奔而去的身影，我不覺有些詫異。

「今天是什麼日子啊？」我漫不經心的問起身邊的朋友。

朋友一臉震驚的回答道：「中秋節啊！上學上傻了嗎？」一邊說著一邊作勢將手伸向我的腦門，試探我有沒有發燒。我嫌棄地拍走她的手，慢條斯理的撥開甜筒包裝，不知為何，平日覺得香甜的巧克力，今天卻嘗出一絲苦澀。

拖沓地回到宿舍，和從樓上衝下來的同學躲避不及，撞了個滿懷。她一臉狐疑地問我：「怎麼還不回家？」我無奈地聳聳肩，戲謔地回答：「無家可歸啊！」

是的，我已經一個月沒有回家了。

明明已經適應了這種有家無法回的生活，但為什麼在今天還是從心底泛出了淡淡的酸楚？

丟下書包，暫時將靈魂抽離，像一尾脫水的魚癱在床上，我聽著門外的聲音從嘈雜回歸平靜，合上雙眼，感受著孤寂，沈沈睡去。

可憐今夕月，向何處，去悠悠？

今晚的飯盒格外的豐盛，像是為了安慰補償我們什麼一樣。往常難得一吃的各式菜品應有盡有。換作平時，我早已狼吞虎咽起來，但在今日我失去了胃口。

晚上的空氣清新，雲朵也很給面子，沒有完全遮住月亮。今晚是月亮的舞台，或許心理原因，總覺得月亮比平時更加透亮。坐在陽台上放空自己，癡癡地望著月亮，曾經與家人一起度過的中秋節化作殘影襲來，入侵我的腦海。

從前的中秋節其實也沒什麼特別的，處在高樓林立的都市，月亮時隱時現，談何賞月？但今夕中秋感覺的確不同，身邊沒有家人陪伴，也沒有提前買好月餅，這個中秋節對於我來說，就像是一個再平常不過的週末。我和那些闔家團圓的同學，像生活在兩個格格不入的平行世界。

正當我沈浸在「中秋誰與共孤光，把盞淒然北望」的感慨中，寶華從廚房里端出三碗熱騰騰的餃子，子淇一邊分派著碗筷一邊坐下。我滿腹的思念一下子溢了出來，看著還冒著熱氣的餃子，嚥出了聲：「好想回家啊！」

子淇冷漠的抑制住我如潮水湧出的情緒：「那你就想吧，再怎麼想也改變不了現實，待會還要你洗碗，別想逃！」

看似「不近人情」的話卻戳醒了我：想又能有什麼用呢？生於世俗之中的我們就如波濤中的一葉小舟，除了順應還能如何？

看著坐在左右的摯友，對著水餃吹了幾口氣，一口吃掉。像是把水餃想像成了所有憂愁一口吃掉。滾燙的餃子灼得我瘋狂哈氣，手舞足蹈，上躑下跳。睜開因為灼燙而熱淚盈盈的眼眶，望到窗外的月夜空明如水，望著掛在天上的它，我掛念同一月色下的故鄉——那無法前往的故鄉。

此時，子淇見狀嫌棄地遞上紙巾，寶華在一旁哈哈大笑。望著他倆，吃著水餃，一起打趣，我心底又有絲絲溫暖。如果不是因為封關，學校容許我們這些跨境學生可以在學校長期留宿，我們三人或許一輩子都鮮有機會一起度過中秋，此刻她們不也是我的「親人」嗎？如此一想，這次的中秋反而成為了回憶中的瑰寶。無法歸家已成現實，與其一直沈溺在無盡的傷感中，不如好好享受著當下，比如享受眼前垂涎欲滴的水餃。與中秋節完全不搭的水餃，卻比從前只走走形式的月餅更具團圓之意。平時普通的陽台，也因為水餃的氤氳渲染出煙火和溫馨的氣息。

潔淨的月光潑灑在校園，凝視著校園中的一草一木，凝望著身邊的朋友，我擁抱此刻的種種美好。與其糾纏於不如意，不如活在當下，感受身邊的幸福，這也是來之不易的。

就在此時，我腦中閃現出一個孤寂的身影，對月思親，仍能吟唱「但願人長久，千里共嬋娟」。我第一次真正讀懂了蘇軾的樂觀豁達，也真正體會到何謂歲月靜好。此際漫步在月色之下，身子卻不像下午般沈重，甚至比真正踏足月球表面更加輕盈。

沐浴在月光下，蕭瑟的秋風拂過耳畔，內心平靜的猶如無風的湖面，若此時有人提問為何人間美好，我會如實回答：正是當下——步進秋意的當下。

後記：

忘不了，在菁菁校園度過的這個特殊的中秋之夜；忘不了，老師的關懷、好友的關愛；忘不了在我青蔥歲月、成長歷程中每一個值得銘記、感恩的日子。



人們爭先恐後地往前赴，搶著我身上的逐影花，鮮紅的花瓣散落在雪白的地上，卻無人理會我的呼救。慾望吞噬了群眾，也吞噬了我……

時間回到 24 年前，一位嬰兒的啼哭聲打破了手術室緊張的氣氛，新的生命降臨了。但手術室里並沒有歡呼聲以及欣喜的笑容，而是傳來一陣窸窣窸窣的唾棄聲。

「這孩子怎麼這麼醜啊……」一位女護士瞥了那孩子一眼。

男醫生皺了皺眉，說道：「快去叫外貌鑑定師過來！」然後他又朝另一旁的女護士招了招手，示意她快去。

「結果下來了，鑒定為九等，分配信息會在稍後遞送過來。」趕來的外貌鑑定師把鑒定資料遞給男醫生，便轉身離開了。

就這樣，這個孩子悲慘的命運便從一封品鑒書開始了。

我叫呂楠，沒錯，剛剛那個孩子就是我。我是一個九等人，從小就過著悲慘至極的生活。記憶裡的童年便是在市裡「遠近聞名」的醜斯仁學校度過的，直到上完中六，我的社會生活就正式開始了。

今年 24 歲的我過著豬狗不如的日子，每天在一個小隔間裡給三等、六等人洗腳及按摩，不滿意時還會被辱罵，住的地方，自然是九等人的低等公寓。

我沒有做錯什麼，但在這社會裡，醜，就是一種錯……

「你這洗的什麼玩意？不會就別來！」我抬頭望著那個三等人，聽著他的叫罵，我早已習慣了。

「啪！」我還沒反應過來，臉上就傳來一片火辣辣的感覺，彷彿一片怒火在我的臉上燃燒。

「你居然不聽我說話？」三等人瞪著我。

「對不起、對不起，實在對不起！」我忍著疼痛點

著腦袋向他說。

我走出寫字樓，低著頭，從包裡掏出口罩戴上。不知不覺中，我走到了我最常去的餐館，打著心情不好借酒消愁的旗號，坐下來點了幾杯啤酒和一盤小菜……

「憑什麼啊！憑什麼！就因相貌平平所以注定生活在社會底層嗎？根本不公平！」我踢著石子走在一條小道上，發著酒瘋。

「我不理解！三等人怎麼就那麼猖狂！」我一邊嘶吼著一邊用力地扒開旁邊路邊的灌木叢。

「如果我是三等人，我肯定不這麼做。我要解救這個無理的世界！這個腐爛至極的世界！只可惜，上帝根本不給我這個機會呢……」我自嘲的笑了笑。

灌木叢里突然開出一條小道，前方隱隱約約出現一個人影，我看不清他的臉，但是我知道他一定，很好看，絕對是三等人。我下意識避開，埋下頭。

突然，他閃現在我背後將我擊倒，倒下時我看到自己被手上那朵紅花的刺刺到，剎那間似乎有一股力量在用力的扒住我的臉，彷彿要將我的臉撕下來。一種撕心裂肺的痛從我的心臟穿透到我身上的每一個部位，緊接著，我的眼前便一片黑……

我睜開眼，眼前不是我來時的那條小徑，而是路邊的灌木叢，而且已是第二天早上。那個人早已消失不見了。我沒多想，只覺得身體格外的輕盈，儘管昨夜喝的酩酊大醉，但腦袋卻十分的清醒。

看著時間，我才意識到要遲到了，接著，我匆匆忙忙的戴上口罩，站起身，循著街上的人群聲，離開了灌木叢。

「天吶，科學家一直定位的逐映花在昨晚突然消失了！」一位戴著帽子的女生盯著手機驚呼道。

「就是那個可以將人的外貌變美至極的花嗎？」

「是啊，舉國上下就兩朵，其中一朵還被首富收購

了，也不知道是哪個幸運兒偷走了它。」女生摸了摸自己的臉，嘆了口氣。

我聽著這些街邊的閒言碎語，心中滿是對那個人的羨慕，我什麼時候也能有如此幸運的時候啊。看到太陽猛烈地照了下來，我才知道時間也不早了，便急忙跑回寫字樓工作。

「砰」的一聲，我又被踢倒在地。眼前的人突然止住了謾罵，呆愣著直直盯著我看。我不敢相信我的醜陋已經到了讓人目瞪口呆的程度了，直到她說了第一句話。

「你……是三等人？」她顫抖著問我。

我才發覺過來，我的口罩掉了。但，我這樣，怎麼可能是三等人呢？我直搖腦袋，不知所措的向她賠不是，抓起口罩想要戴上，卻瞟到了水里倒影的自己——倒影中的人巴掌大的臉，水汪汪的大眼睛在櫻桃小嘴的襯托下更為傳神，白皙紅潤的臉龐在水的倒映下若隱若現。「這是……我嗎？這個人是我嗎？」我不禁回想起昨夜的場景以及那個詭異的男人。雖想不透發生了什麼事，但奇跡真的發生了！我拋下那個六等人就往外跑去廁所照鏡子——是真的，那真的是我，我真的變好看了！

往後的日子，外貌的改變徹底的改變了我的生活。我不再生活在社會的最底層，黑暗不再籠罩著我，光在一瞬間照進了深淵裡，憑這張臉，我分配到豐富的資源，住進富人區的房子，過著有愜意的生活，代價只是保存好美顏，定期按指示亮相，帶動國民消費。

有一天，我如往常般拿起手機，就看到社交網絡上彈出一則消息——「某市一街上驚現世間最美女子」，定睛一看，我的照片赫然顯示在屏幕上，底下的評論清一色都是在誇讚我的美貌：

「我第一次見到這麼美的人！」

「以前怎麼沒聽媒體報道過這麼好看的人！」

「我覺得三等已經配不上她了，應該為她設個新的等級。」

我繼續往下滑，看著這些讚美的言論，心花怒放。直到一條評論吸引了我的目光：「說實話我覺得她比國王更好看，或許她才應該是我國的代表。」

我笑了，想起了不久之前認為是荒謬的想法——改變世界，如果我當了統治者，就真的可以改變這個可悲又可笑的世界了。

而事情的發展超越了我的想像，我被套上華衣美服，被歡呼花束包圍，甚至被帶到「王的演講大會」現場。我當時穿著一襲亮眼的紅裙出現在了人群中，一個人注意到了我，驚嘆了一聲，這引起了全場的注意，所有人的目光從台上國王轉移到了我身上。此刻，我就是全場的焦點。我對著記者、民眾擺出一副笑容，所有人在愣了一會兒之後都開始對我進

行讚美。只見台上的外貌鑒定師從驚訝到露出一副諂媚討好的表情，他迅速跑下台並鞠了鞠躬，帶頭大喊：「女王萬歲！」，隨即現場的所有人也開始喊出女王萬歲。

我遠遠的望見了王，他愣在了原地，臉上滿是氣憤與無奈，國王身邊的侍衛更是不顧國王的反應直接取下皇冠遞到了我的手上，我二話不說戴上了這個我原本不敢奢想的東西，我成為了新的女王。

皇宮裡一切都盡顯榮華富貴：鑲著鑽石的餐具，金絲線縫的被罩，上等石頭製成的牆壁……這滿眼奢華初時令我不太習慣。但隨著每天穿梭於不同宴席、酒會，我漸漸的沈醉在這紙醉金迷之中，漸漸的忘了我的方向……我彷彿步了之前的國王的後塵，成為了和前國王一樣不作為的統治者。回想著我之前種種的一切，陷入了沈思。

我……必須做出改變。

想到這裡，我便立即著手準備一周後的發佈會，寫起了反對外貌分級的講稿。但當我寫到了一半時，手中的筆漸漸停了下來。

「如果他們接受了我的演講，那我，是不是就會被取代，這種萬人之上的日子就將不復存在。」我握緊了拳頭，掙扎了良久，最後做出了決定。

發佈會如期舉行，我也同往常一樣盛裝出席。

「今天，我要向大家著重強調一件事，外貌就是王道！我在網上看到了很多反對言論，但是誰不嚮往美好的，厭惡醜陋的？你會想被醜惡的人、事、物天天包圍嗎？讓眼球得潔淨，就應擁抱美好的，追求美麗的。『以貌取人』是值得推崇的，這態度也是在推動國民素質提升！」說到這裡，台下響起了一陣雷鳴般的掌聲。

說著說著，我彷彿又看到了那個夜晚裡的神秘男子，他的身影閃現到我面前，而又消失不見。歡呼雀躍的現場讓我回過神來，我露出燦爛的笑容。

突然，我感到我的後背一陣刺痛，我「猛」的一轉身，看到了那個男人拿著佈滿刺的紅花一再扎在我背上，輕聲道：「你就那麼愛美嗎？你就是死於自己手上。」他嘴角上的微微一笑讓我覺得背後發涼。霎那間，我的後背長出了鮮紅的逐影花，它們一點一點的霸佔著我的手臂、我的腿、我的全身，我的視野漸漸被遮住，而那種撕心裂肺的痛是我之前感受過的……

此時，台下的民眾驚呼，認出了我身上的逐影花，全部一窩蜂衝上台，撕扯著我身上的花朵，卻無人理會我的呼救。我看著一個個人伴隨著猙獰的笑聲變成了跟我一樣的人，我突然發現我現在的樣子原來這樣的可怕。我漸漸失去意識，眼前被踐踏的零亂花瓣似乎與世界化為一片——一片黑紅……

阿爾茲海默

陳正曦

奶奶時常一個人坐在後院門口的石椅上，呆看著後院裡大樹下的石碑。

我知道她又忘記了爺爺，因為還沒等我走近，聽到腳步聲的她已經朝我發出了和以往無數次的、一樣的疑問：「這是誰啊？」她一面朝我問著，一面手指著石碑。我的眼淚霎時像斷了線的珠子串，終究是禁不住了，一顆顆掉下來。但她似乎並沒有留意，而是自顧自地開始嘀咕著什麼。

「是很重要的嗎？不然怎麼葬在這個樹下邊了？」她又朝我問道，並未回頭。又是這熟悉的，讓我心臟絲絲抽疼的疑問，我想她定是未走近看那石碑上的人吧，不然怎會認不出呢？我隨意擦抹了一下臉上的淚，沒有回答她的問題，反而是扯開了話題：「奶奶，吃飯啦。」她聽見吃飯終於是回過了頭，見是我，她顫顫巍巍地扶著牆站起了身，步履蹣跚地朝我走來。

她似乎看見了我臉上未乾的淚痕，抬起了皺巴粗糙的手給我擦了擦眼淚，問道：「這是哭啥，傻姑娘，娘這不是在這呢？」奶奶又忘記我了，縱然難過但我也明白，對於現在的她來說，「你是誰」、「我是誰」這樣的問題，簡直如背後蘊藏了哲學思考的問題一般，難以回答。

我的奶奶很久以前就患上了阿爾茲海默症，俗稱老年痴呆。

剛開始比較輕微，她只是認不出一些關係較遠的親戚好友。那時的她開始不愛出門，爺爺讓奶奶陪他喝茶她也堅決拒絕，她一直是有些好面子的人，她害怕認不出熟人惹得一頓尷尬。而當爺爺走後，她開始忘記所有人。

清晨，我搖晃著奶奶的手臂將她從床上搖醒，我對她說著話，我看到她睜起了雙眼想辨認出我，她似乎認不清我也聽不清楚我在說什麼。她揮開身上的被子，抻著床一點一點坐起來，抬起頭，緩緩看著眼前人道：

「唉，這人老了什麼都不好使了，看不清了，也聽不清了。」

「還有老爺子，怎麼今天自己去喝茶不帶上我哩，怕不是嫌棄我出去給他這老東西丟人？」奶奶說道。「玉蘭，你咋在這呢，老爺子沒帶你一塊兒去啊？」我聽到之後，笑著搖了搖頭。玉蘭是我母親的名字，她果然又認錯了。

「奶奶，先吃早飯吧，媽剛做好，還熱乎著。」奶奶似乎沒聽到我喚她時的稱呼，她就光注意吃早飯了。我無奈也難過，鼻子有些發酸。

對於我們來說，奶奶僅僅是認錯人的話已經是不幸中的萬



幸。我記得最深的一次奶奶發病的情況，就在我剛上高一的時候。她以為自己在一個陌生的地方，她覺得在屋裡忙碌著的我們都是陌生的面孔，她一個也認不出，所以她想著趕緊走，於是便一個人悄悄地走出家門，逃到了巷子上。那時是傍晚，我正好從學校徒步回家吃晚飯，便看到奶奶一個人走在小巷裡，好在我們家是住在一個大院最盡頭，家門口只有一條小巷通向大街，才會讓我正好遇上。我見到奶奶晃晃悠悠的樣子，把我吓得冷汗幾乎一瞬間冒出來，我飛奔上前抓住奶奶的手慌亂地問道：「奶奶，你怎麼在這裡！」當時奶奶似乎已恢復了些許意識，她認出了我：「小棠，你怎麼長這麼大哩，奶奶都快認不出你，來孩子，給你帶了薑糖，給你驅驅寒。」當時的我太慌張，根本沒有認真聽她說話，而是帶著怒氣朝她大聲問道：「奶奶！你怎麼自己走出來了！你怎麼不聽我們的話！也不聽爺爺的話！」奶奶似乎被我吓到了，她哆嗦著嘴一時半會兒回不上話。

最後是我哭著抱緊了奶奶，半晌後牽著奶奶的手一步一步走回家。那天晚上，奶奶是從未有過的清醒，她認清了我們所有人，但卻隻字未道為何不知不覺走出了門。直到那天晚上，奶奶趁著我們去收拾碗筷打掃院子，悄悄端著一盆菜走到大樹下頭的爺爺的石碑前，撫摸著爺爺的照片。一開始是媽媽最先瞟到奶奶端著碗走出去，以為是奶奶沒吃飽，媽媽怕驚動奶奶又害得奶奶犯病了，於是讓我悄悄跟了上去。

我看著坐在石碑前的奶奶一字一句對著爺爺娓娓道出今日的遭遇，才知奶奶原來是犯了病，我聽到奶奶中途提到了我：「都賴我，孫女今天哭得稀裡嘩啦的，咱以後還是得清醒一些，不能讓他們擔心。」

我聽著奶奶的話頓時鼻子發酸，眼淚禁不住落了下來。

奶奶清醒的時候常問：「這病是報應吧？」我們總沈默不語。但我總認為這並不是報應，而是奶奶用另一種方式表達對最熟悉的親人的愛吧。

香港女兒 精魂永在

—— 電影《梅艷芳》 觀後感

莊栢熙

臨近聖誕，電影《梅艷芳》成為全城茶餘飯後的熱話，我和家人便購買戲票，一起進場欣賞這齣廣受好評的電影。雖然我出生時，梅艷芳已魂歸天國，但我仍對梅姐的身世感到好奇。到底梅姐為樂壇、為影壇、為香港作出了多少貢獻、犧牲？她又經歷過多少風雨？相信這齣電影能夠一一解答。

戲院的燈光關上，好讓我們投入這齣電影。在電影初段，出身寒微、4歲的梅艷芳夥拍姊姊在不同地方登台表演，深得觀眾歡心，彷彿是一顆天生屬於舞台的小星星，散發着獨特的光芒和魅力，充分表現出梅艷芳的表演天分。正當觀眾感受這片段的溫馨時，我卻認為溫馨背後滿是悲哀，滿是辛酸。一個小女孩要在品流複雜、紙醉金迷的地方表演，為的只是幫補家計，卻喪失寶貴的童年時光。對比起現今的小孩子，梅姐的童年可謂是不幸，但她卻甘之如飴；而我們卻終日抱怨功課太多、父母的管束太嚴格，真是身在福中不知福。

後來的一次機會，改變了梅艷芳的一生。18歲的梅艷芳在歌唱比賽勝出，成功獲得業界人士賞識，成為矚目的樂壇新星，她的醇厚歌聲和百變形象實在令我讚嘆不已。在事業巔峰時期，梅艷芳推出多張唱片，獲獎無數。在演藝路上，她亦幸運地遇上好人，例如賞識她的唱片公司老闆、形象顧問 Eddie、「哥哥」張國榮等，扶持她進步、向上，喚醒了不少觀眾的回憶。我為這段時期的她感到萬分高興，亦期待接下來的情節，梅艷芳會是一帆風順、風風光光，還是有起有跌？

果然，一次與黑社會有關的「掌摑事件」，梅艷芳亦牽涉在內。遇上事業的低潮，她便「逃」到泰國清邁好讓自己沉澱一下。我為這段時期的她感到擔憂，認為若果香港失去這位巨星實在十分可惜。從小便在社會中歷練、思想成熟穩重的她，在這段日子漸漸找到新的想法、新的定位，在一年後回歸香港，開展一段新的旅程。她待人接物自然、成熟，從低谷中重新開始雖不容易，但她仍然奮力向上、在複雜的娛樂圈中力爭上游，令人感動。



回香港後，她除了繼續歌唱事業，還兼顧電影拍攝和慈善事業，再創高峰，不僅是樂壇天后，她更憑藉《胭脂扣》中的如花一角，成為影后，可見她在樂壇、影壇上建樹良多。她更為業界爭取權益，又提携後輩，桃李滿門，為人稱頌。後來她面對姊姊的結婚、離世，梅艷芳感到孤獨、寂寞，但她仍強忍眼淚，裝作安然無恙，可見她的外剛內柔。姊姊離世的一幕十分催淚，看到這裏，我的鼻子酸酸的，淚水潸潸而下。電影中的姊妹情扣人心弦。

最後，梅艷芳得悉自己患上子宮頸癌，但她在人生的最後階段沒有放棄，反而活出「彩虹」。她舉辦慈善演唱會，如常拍攝廣告，堅持工作。在離世前一個半月，她還舉行最後的演唱會，堅持到最後一刻，虛弱的她成功如願，完成演唱會。電影《梅艷芳》隨着梅姐的名曲《夕陽之歌》完結，她的生命亦劃上句號。她的離去，不只是她和娛樂圈之間的事，而是整個香港其中一個光輝時代的完結。這時觀眾不禁拍掌，有些還因惋惜而落淚。

這齣電影不能只以精彩來形容，它更充滿教育意義、啟發性。梅姐堅毅不屈的心態，敬業樂業的精神，從小到大，從不更改，值得我們學習。人物傳記向來也不易拍攝，原來這齣電影用了七年製作，途中有試過碰壁，但製作團隊就好像感染了梅姐的精神般，堅持不懈、竭盡全力展示梅姐波瀾壯闊的一生，也充分展現舊香港的時代特色，拓闊了我們年輕人的視野。

梅艷芳在短短 40 年人生，荊棘滿途，但她選擇不埋怨。通過這篇不專業的「影評」，我希望大家欣賞電影時，亦能從電影中學習，真正細味電影，從梅姐的人生中、從拍攝團隊的認真製作學會「堅持不懈、永不言棄」的香港精神。

看完電影後，梅姐的歌曲，餘音裊裊。在此僅以梅姐的《似水流年》中的一句歌詞表達我對梅姐的懷念----

「留下只有思念，一串串，永遠纏……」

願梅姐在天國安好，與你的好友、親人相聚，永不分離。

The Covid Pandemic: A Valuable Lesson to the World

Ivan Ho



For the past two years, the world has experienced unprecedented spread of the Coronavirus, forcing countries to resort to strict quarantine measures, lockdown, and curfews. Contributing to a total of 290 million cases of infection and more than 5 million deaths worldwide thus far, this pandemic before us adds itself to the list of the 10 deadliest pandemics in history. It is normal for many of us to feel frustrated and annoyed in this difficult time. We are forced to wear face masks and practice social distancing. The seemingly never-ending travel restrictions has deprived us from overseas vacation and reunion which we usually took for granted. Billions of people worldwide are unable to go to work and attend school. Worse are those businesses and employees who have been badly impacted by the pandemic. Above all, many have lost their lives in isolation, separated from their loved ones even in their final hours.

Despite the worrying downsides, the pandemic has provided an opportunity for all of us to reflect and change. The countless misfortunes caused by the pandemic is a painful reminder of how fragile life can be. COVID is a deadly monster that respects no boundaries. It wiped away populations across different social classes, statuses, and ethnicities. Therefore, we should cherish our family and friends. The next time you have the chance to interact with your loved ones, don't be shy! Send them a text, or give them a hug if possible, just anything to show your gratitude to them for being in your life.

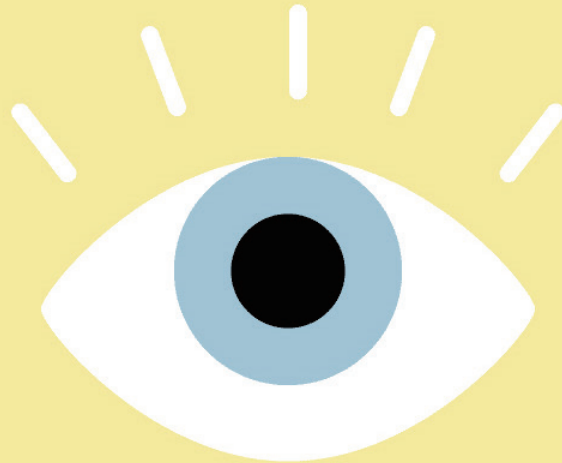
Furthermore, COVID has caused all of us to adapt to a new lifestyle. We were given the opportunity to use online meeting apps such as Zoom and Microsoft Teams for work or classes. While we had to put in additional efforts to go through the learning curve, it has become a great productivity tool. I am glad to say we have all gained a new skill!

Among the many lessons COVID have taught us, the most important one is to always practice good social responsibility. To comply with public health regulations, we are encouraged to get vaccinated. Observing restriction ordinances when going outdoors, as well as practicing disciplined use of the LeaveHomeSafe software are all examples of good social habits we should have. This teaches us to be socially responsible and encourages us to fight the virus together. Anti-epidemic measures such as the social gathering ban, restrictions on eateries and the 14-day mandatory home quarantine on entries from the mainland, Macau and Taiwan prevent the spreading of the software.

All in all, the pandemic has taken a toll on the world and worried many people. However, it serves as an excellent opportunity for us to look back at ourselves and change for the better. It is our sincere hope that the pandemic comes to an end, where we are able to take this valuable lesson with us to resume our normal lives!

How to establish high level of *FOCUS*

Ivan Ho



Productivity and efficiency are the most significant factors in success. To be productive, focus is imperative. According to Cal Newport, time spent times intensity of focus equals quality of work produced. Some of you may wonder why you cannot get good grades even if you spend all day struggling in front of your desk. The answer is the lack of focus. Even if you spend plenty of hours studying, it would still be meaningless without paying attention to your work. A few hours with high intensity of focus can potentially yield better results. Here are some strategies to enhance level of focus.

First of all, eliminate distractions. Distractions can refer to a variety of stuffs. For instances, sounds of television or radio, mobile phone etc. To deal with these kinds of distractions, we can simply turn them off to be focus. However, it is much more difficult to cope with people such as your friends, roommates or children chatting around you. Their actions or noises produced may distract you from your work. One way to solve this is to seek out a quiet environment where you can work alone with intense focus. Your own study room, the library or a coffee shop are some good examples.

Secondly, it is also crucial to limit your focus. Apparently, limiting your focus means that you only spot a particular area and pay full attention to only that region. A lot of people believe that multitasking can help them to finish various tasks in a short period of time. Nevertheless, practicing multitasking can actually reduce productivity. Paying full attention in only one task is a more useful way to get things done in a more efficient way.

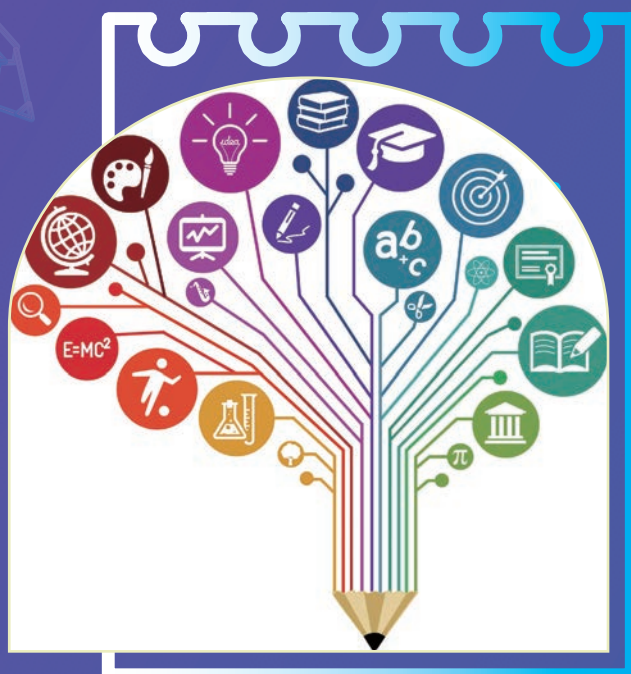
Moreover, taking a break is also essential for achieving intense focus. If you focus on the same thing for a long period of time without resting, you will soon find that it is becoming more and more difficult to devote your full attention to the task due to the fact that your attentional resources are being exhausted and depleted. As your intensity of focus degrades, quality suffers. Therefore, it is critical to break down your long-term target into smaller tasks and allow yourself to take occasional breaks so that your performance will be guaranteed.

To conclude, focus is a significantly important factor in productivity and performance. To enhance your mental focus, it is necessary to minimise distractions, devote your focus in a specific task and give yourself some mental breaks. Continuously practice and you can build up high intensity of focus.

School:

The Ultimate Place To Learn and Grow

Gabriel Yeung & Matthew Chan



Learning is one of the most important aspects in our lives. It helps us grow, transform us into a better self, and proceed in life with essential skills and experience. School is the place where students get to be equipped with different kinds of knowledge, learn to face challenges and difficulties to eventually discover how to make and manage life better.

We invited two senior form students to discuss how they have improved themselves using what they learned at school.

Time Management - Jason Wong from 5C

“I would say the most valuable thing that I have learned at school is probably time management,” said Jason Wong from 5C, the Chairperson of the school’s Orchestra and Treasurer of the Music Society. According to Jason, he has been very busy with both academic and club activities at school, including his involvement in the symphonic band, orchestra, choir practices, as well as frequent quizzes and dictations of different subjects. Outside school, he attends tutorial lessons to learn more exam-taking skills that could be utilized in exams. It is not an exaggeration to say he has little to no free time for his hobbies.

So, how can he endure this overwhelming amount of activities and still manage to keep up with his good academic results?

“Well, I think it’s important to manage your time well, which doesn’t just apply for me, but

for everyone. It will help you complete the huge amount of assignments and still be able to participate in a host of activities,” Jason said. Of course, there are still days when he finds things still extremely exhausting, leaving him with almost no time to rest; but he thinks it does make days like this more fulfilling. For example, the activities that he engages in would not end up something like he is forced to do just because he’s responsible for it.

There is some advice from Jason on time management, “Try not to relax too much once you are dedicated to something, or when there is a lot of unfinished work that you have to complete in a tight deadline. Doing that would make you think ‘Oh, this is so tiring, I don’t want to do this,’ and will probably give up in the end. Another piece of advice is to plan what you have to do and sort them into manageable tasks, which would make it easier for you to know whether you should study now, or participate in an ECA activity.”



Work-life Balance - Giovanni Yip from 5D

“The most important lesson that I’ve learnt as a student is to maintain work-life balance,” said Giovanni Yip from 5D. When he was still a junior form student, he was always playing video games and didn’t care much about his academic work. The amount of effort he put in was reflected right on his report card, and it was horrible. He was so scared to even show the report card to his parents at that time.

So how did he improve himself and make a spurt of progress in his studies?

When he was on his way home that day, dreading to show his parents his report card, he felt very guilty and kept thinking how he had disappointed his parents. It was at that time he decided to stop and pull himself away from video games addiction and started studying throughout the summer holiday.

At first, it was fine and he spent 6 to 8 hours a day going through every chapter of different subjects that he didn’t do well in the past academic year. However, a week passed and he realized his productivity was going down and also the motivation to study was disappearing. His eyes were getting really sore from all the excessive reading and he decided to take a break before he started revising again.

What did he do to unwind during the breaks? He hung out with some of his friends the next day and spent the day with them chatting and simply catching up with them. After that day, he resumed studying again and the

productivity was back. Just like that, he has been using the same method to balance his work and play time now. Homework and quizzes still give him a lot of pressure and stress. He chats and hangs out with his friends once a month to take a break from a myriad amount of schoolwork.

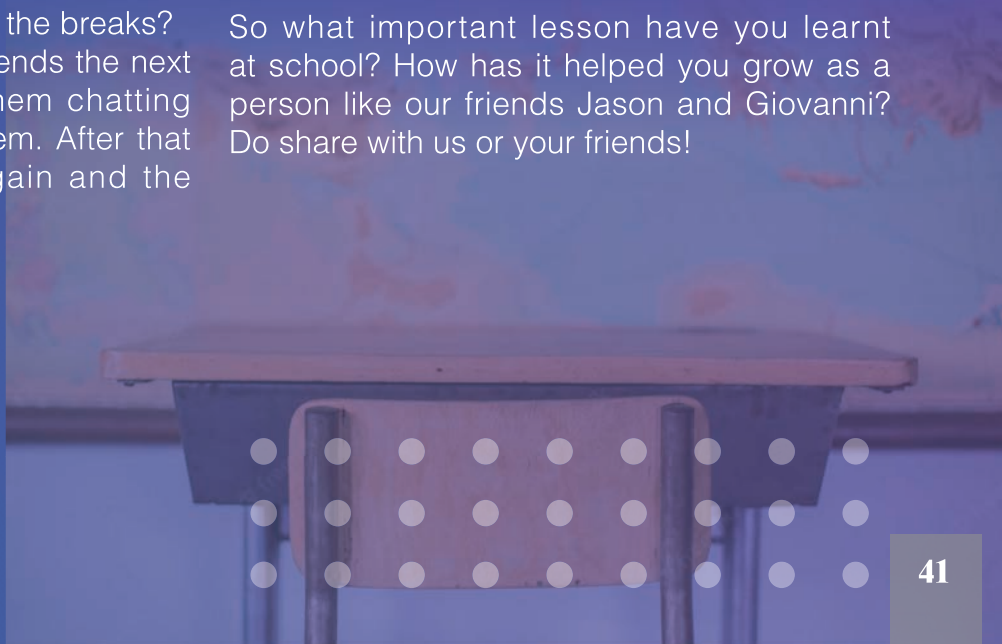
How has work life balance benefited him?

His academic results have improved a lot ever since. It’s the best way for him to increase productivity and keep his motivation for studying.

“Taking a break isn’t wasting time, it could help you relieve the stress and pressure from school, clear your mind and you’ll find you may enjoy studying,” Giovanni added, “Having said that, slotting in too many breaks in a day isn’t a good idea, as you may lose your enthusiasm for your studies and you would then become lazy. That’s why maintaining work-life balance is very important for a student and that’s the most meaningful lesson I’ve learnt as a student.”

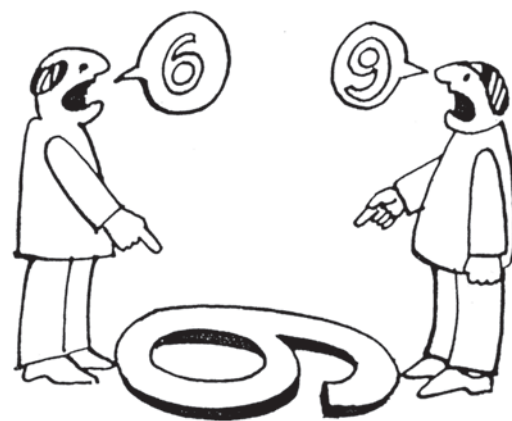
School is a place where students learn and hone their skills, like how Jason learnt to manage his time, and how Giovanni realized that you need a balance between working and playing.

So what important lesson have you learnt at school? How has it helped you grow as a person like our friends Jason and Giovanni? Do share with us or your friends!



One Story, Two Perspectives The Roommate

To Chi Long



'Hey Ed, log on to Future Arena! I forged a Legendary weapon and it could help us pass that boss fight we've been stuck on for 2 months!' I shouted as I threw open my dormitory room door. I couldn't wait to finally complete the game with Ed. I have just returned to the dormitory from Philosophy class and it was 5 pm sharp. However, all I saw after entering the room was chaos. Complete chaos.

Walking around the room, I found out that it was in a disorganized state beyond recognition. I had to double check my room number before ensuring it was truly me and Ed's dorm room. Scattered on the ground were books, ripped pieces of essay paper and video game CD ROMs, along with other objects. The window in the room was completely destroyed, as if something had impacted it with such a powerful force. Ed wasn't in the room, but he didn't have any lectures to attend today, so he should be staying in the room all day long. Ed's personal belongings were all out of sight, including his luggage which he used to put them in.

At that instant, I felt an aching, almost unbearable pain. Looking down at my feet, I realised that a piece of shrapnel had pierced my left foot, causing it to bleed. I sat down on my bed, albeit almost falling, and tended to my wounds. The shrapnel was a small piece of shattered glass though. Luckily the cut wasn't a deep one, and with the first aid techniques that I learnt at Red Cross, bandaging my foot was a matter of minutes.

Searching the room thoroughly, I instantly discovered pieces of glass under my bed. I must have stepped on one of these pieces of glass carelessly. As I silently thanked God that I hadn't stepped on some larger pieces of broken glass which may cause further injuries, a sudden realisation sent shivers running down my spine. If these window fragments were inside the room, that means... something must have come in from the outside through the window, causing it to shatter. But the dormitory wasn't near ball courts, which means that there is no way baseballs or basketballs could hit the window. Plus, the pieces of glass were swept under the bed by a person, but no one has access to the room other than me... and Ed.

My mind was racing at a thousand thoughts per second. What happened? Why would Ed deliberately sweep glass away? I couldn't help but wonder where Ed is. I clearly remember the day I first met Ed, most probably because it was only a mere 3 months ago when he joined our classes as a new student midway through the semester. He was assigned the same room as me, and we quickly became close friends. We held parties with our friends in the common room and in our dorm rooms (we really shouldn't let the warden know about this) when we were supposed to be working on our papers, we pulled all-nighters just to prepare for our presentations and tests (and ended up playing video games the entire night), we supported each other when one of us had emotional breakdowns... but now Ed is nowhere to be seen.

Where is he though? I don't have the slightest idea. Perhaps I had mistreated him, and that's why he left, without even leaving a note behind? I tried my best to recall moments when I failed him. Was Ed upset with me and my friends when we hid fake cockroaches under his pillow? Or was he annoyed when I smacked a cake onto his face last month? But Ed should've understood that all these were merely jokes, and only very close friends can pull these pranks off each other.

Why did Ed leave then? Now that I think of it again, Ed just seems... odd. His actions, his strange foresight of things that always comes true... It almost feels as if Ed didn't belong to our world. He always looks bewildered when having to rush for an MTR train with me, or when enjoying delicacies at local restaurants. When we play childhood games, Ed always seemed puzzled, like he didn't understand the rules, even if these games are quite popular with children of our age. Every time when I try to ask Ed about his background, like where he is from, he always changes the subject and moves on to studies or gaming. Always. Even though I'm his roommate, I am clueless of who he really is. Might Ed be some kind of agent, sent by a secret organisation here to monitor us, or to experience the life of a typical university student? I shook that thought out of my mind. How in the world would a twenty-year old person, a nerd who either wanders in the library or stays in the room be a covert operative? Sitting on the chair alone, I still cannot think of a sensible reason why Ed left.

The sun sets low outside the dormitory, its outline on the horizons waning by the second. It is time for me to walk to the canteen and have dinner. Perhaps I should let go. If Ed left without notifying us, maybe he never viewed us as a friend after all, maybe he doesn't want anything to do with us anymore. Tidying up the books and sweeping up the rubbish on the floor, I left the room and closed the door behind me.

The Truth

Edgar Lui

'It's almost time huh...' I muttered as I glanced at my watch. On the holographic display, the 4th clock-hand was rotating anti-clockwise, nearing the 12th position. I knew that this day was coming sooner or later – every journey has an end – but I wasn't quite ready. I had so many more things that I wanted to do, so many more things that I wanted to experience. Unfortunately, as ironic as it may sound, I was running out of time. Life in this university has been an eye-opener for me. It's strikingly different from my pre-uni life, for good reason. After all, I'm living life in a completely different time period.

That's right. I am a time-traveller. Some people may be confused about why a time-traveller would travel back in time to attend university, and what the consequences of time-travel are, and I don't blame them. This is my first time-jump, and I was equally confused when I was first briefed on my task. After bombarding my poor supervisor with questions, I was assured that my actions in the past wouldn't destroy the space-time continuum or something, and that history could naturally correct itself if something big happened. I didn't pay attention in quantum physics class, so I don't really know the principles behind time-travel. All I know is that if it works then it works, no point in questioning it.

My task was simple enough. As a new time-traveller, I was assigned to do the low tier, boring jobs – checking books and archives of the past. Apparently, this job is 'really important', or so my superior says. 'You're completing our current records by doing this. You might not see the meaning of this job, but know that you're doing our time-period a great service!' Well, the truth of the matter is that I indeed do not see any meaning to this, but hey! A job is a job. I get paid for this, and refusing it won't do me any favours. I'll slowly rise through the ranks by doing these jobs, and I'll be able to go on trips to see dinosaurs and collect samples sooner or later.

For the past few months, I've spent day after day in the library, uploading copies of books to the future. It's a really mundane task, but I was given a fancy gadget to do the job, so that makes up for it, right? WRONG! The glowy lights that form projections might seem cool at first, but you get tired of it after the 100th time seeing it. I've grown to hate it. The bright light hurts my eyes... maybe I can get an insurance claim for this or something? This job hasn't been all bad though. I had the chance to experience things that I couldn't in the future. I was able to visit shops that physically stocked its items, go on public transport, and even witness the 'growth' of humans. Well, the last part is an exaggeration. Of course I couldn't really witness any growth. It's only been 3 months. Well, I've noticed the change in trends, like how people started investing into cryptocurrency and NFTs. Being from the future, I knew which ones were going to be successful, but unfortunately it's prohibited for time-travellers to meddle in these affairs. I'd be lying if I said that I wasn't tempted to profit off of this with my 'inside' knowledge, or perhaps more suitably, 'future knowledge'.

My watch glowed, signalling my return to the future in 10 minutes. I took a quick look around at my place of residence. A dorm room. I had a roommate who lived with me for the past few months, but he wasn't here at the moment. As a time-traveller, it's strictly prohibited for me to reveal my true identity to him. I'm not sure why, as my actions supposedly shouldn't have any effect on the timeline, but rules are in place for a reason. I wonder what he thinks of me though. He must think that I'm a proper weirdo or something. I appeared at this university halfway through the semester, and I'm disappearing before the term even ends. He must think that something's up... I wonder what story he'll come up with. He's an imaginative guy, so maybe he assumed that I was part of a death game and was on the run or something. That's a ridiculous idea though. I fiddled with my watch a bit, pressing buttons to recall any gadgets and gizmos from the future. 'BOOM!' A shockwave emanated around me, scattering my roommate's belongings. Whispering to no one in particular, 'It was a mis-press,' I pressed the correct button this time. A slate flew into my room, entering through the window. It wouldn't be a big issue normally, but it quite literally smashed through my window during its recall. I really should suggest an update to the recall feature to the tech guys, maybe a phasing feature. I looked down at the shattered glass, contemplated what to do for a while. Time was running out, so having decided on the best course of action in my head, I... hurriedly swept the glass fragments underneath my roommate's bed. I feel bad for doing this, but he'll handle this for me. After all, that's what friends are for.

I activated the return protocol, and a beam of light engulfed me. As I was being beamed, I thought, 'Maybe I should have written something to my roommate, like saying that I'm going to another country to study or something. I didn't even say farewell to him... Eh, it's fine. It is what it is.' I thought back to a quote from a game of this era. 'Whenever there is a meeting, a parting is sure to follow. However, that parting need not last forever... Whether a parting is forever or merely for a short time... That is up to you.' It's from Majora's Mask, a game I've come to love. My meeting with my roommate may have been short lived, but I know that I'll see him again someday. I'll see him again in time. *wink*

IS SUPERFOOD

GOOD FOR US?

Vicky Cheng

Food maintains our health. With more people paying greater attention to their health, people do not only focus on a balanced diet, but are also looking for “superfood”.



What is “superfood”?

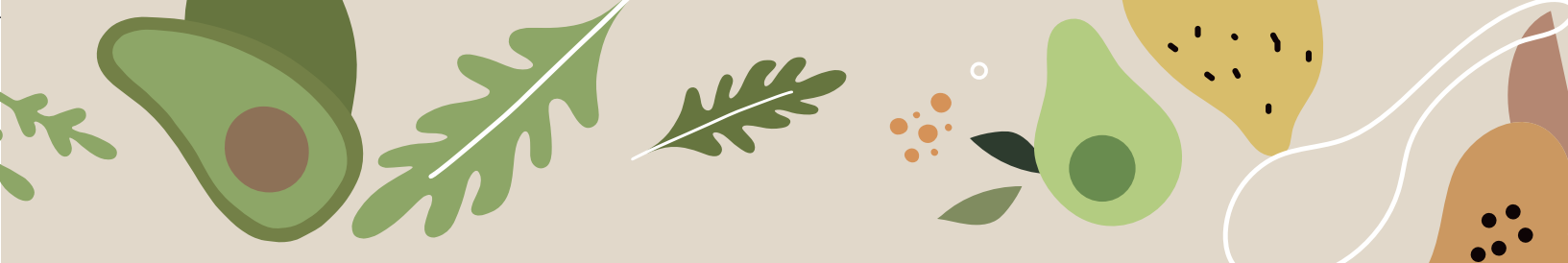
In fact, there is no exact definition. People may align the term with food with superb nutrition value, for instance food loaded with vitamins, minerals, as well as antioxidants. Some of the health benefits of these food components include strengthening our immune system and keeping our hearts and brains working properly as long as we intake the right amount. Quite a number of people go to extreme and believe that superfood is powerful enough to cure illnesses and even treat cancer. Dozens of food companies take advantage of people’s eagerness and exaggerate the nutrition benefits of their food in order to attract more consumers, especially those who follow health fads.

Examples of superfood

Avocado: It contains monounsaturated fat, which is said to lower cholesterol. It is a good source of fibre, vitamin E and magnesium. Lots of people believe that avocado is healthy because it is light. This is an illusion only, as a single avocado provides with around 200-300 calories.

Salmon: With a high amount of omega-3, salmon is said to improve eye health, reduce risks of getting heart diseases and decrease the frequency of mood swings. It is rich in astaxanthin, a protective antioxidant, which is good for our skin and reduce the signs of aging. Nevertheless, some people propose that we should stop eating salmon since the high level of chemical residue like mercury and arsenic is found in the fish.

Berries: Apart from well-known berries like blueberries, cranberries and blackberries, acai berry and goji berry are becoming more popular because they are regarded as superfood. They are packed with antioxidants. It is claimed that they can combat aging. People often add berries to calorific yogurt and pancakes to make their meals “healthier” and “lighter”.



Plant-based milk: There are multiple kinds of plant-based milk, for example almond milk and oat milk. It is a healthy alternative to dairy milk, and almond milk contains about 50% more calcium than dairy milk which can strengthen our bones while oat milk contains soluble fibre to support our heart and digestive health. However, some plant-based milk does not provide protein which may not replace dairy milk completely. Flax milk is one of the examples. Furthermore, plant-based milk is a processed beverage, added sugars are often found in it and some people doubt whether it is nutritious and safe.

Nuts and seeds: Almonds, walnuts, chia seeds, and sunflower seeds are highly rated because they are rich in calcium, magnesium and potassium. These minerals reduce blood pressure. Besides, they are great sources of protein, fibre and monounsaturated fats. There is a saying that nuts and seeds can prevent colorectal, endometrial and pancreatic cancers. Yet, the saying is not scientifically proven. Meanwhile, some nuts are salted or honey-glazed, we should avoid choosing them to reduce intake of sodium and sugar.

Downsides of superfood

The health benefits of superfood can be seen only when you consume it consistently in the right amount. This implies that the effects of superfood can be difficult to achieve. Additionally, solely eating superfood cannot maintain our health. Many fans of superfood misunderstand that the more superfoods they eat, the more healthy they will become, which is absolutely false. Some food is healthy in small amount, overconsumption would only bring repercussions to our health. Fish oil is a case in point. Too much omega 3 may cause blood-thinning; not to mention many food companies label their food as “superfood” for the sake of promotion and reaping profits. They are not necessarily healthy. Therefore, we should always check the nutrition value of the food and only consume the right amount even it is claimed to be a superfood.

It is undeniable that most superfood contains high nutrition value, but it is not a magic pill. In order to keep our body healthy, we should eat a healthy and balanced diet, rather than blindly rely on the power of superfood.

Acknowledgements

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How to Make 2022 a BETTER year?

Stepping to 2022, you all might have new goal and target. But how to achieve all these and push yourself to a higher level is something to question. No one knows how to exactly live a worthy life because it is up to you and your definition of worthy. Read on to discover four wonderful ways to make your life worth living and meaningful!

LAST YEAR

Coco Ng

1. Be grateful

Gratitude is simply cultivating a genuine appreciation for what we already have. We should be grateful and appreciative even for the small things we experience in our daily life. For example, be grateful for yourself being able to live happily and healthy. In fact there are many psychological benefits to being grateful, including feeling happier and lowering stress, depression and anxiety. Not only psychological benefits, there are scientific evidence saying that genuine gratitude on a daily basis can improve physical health as well by improving quality of sleep, cardiovascular health and immune function. Gratitude promotes optimism and helps us to develop a more positive outlook. It lets us pause for a moment to reflect on something we have in our life right now instead of always striving for more. So clearly a spirit of gratitude and appreciation is an essential skill for everyone, no matter young and old to foster and develop!

You might feel hard to begin, I encourage you to try the following ways. First is to keep note of things which you are thankful and grateful for everyday in your life. You may put it into your diary, or even just type it on your phone. You might also want to show people how much you appreciate them and be grateful for what they do and for the contributions they make. Last but not least is to always put a smile on your face. Smiling is a simple way of expressing to people that you value and acknowledge their presence. Now, let's imagine that something as simple as how we think about our lives and the people in them actually has a profound impact on our health!

2. To forgive others

Forgiveness breaks the bonds that tie you negatively to another person. People often say "forgive and forget", it would be great if everyone could do forgive and forget, but sometimes, you can forgive while not forgetting. What happened to you happened. There's no denying that. And you should not try to pretend that everything is back to normal. It isn't. You may forgive someone and never choose to see them again. That's your choice after all is said and done. It's a matter of whether or not you can ever trust that person or set of circumstances again.

Everyone makes mistakes, thus forgiving is important. As forgiveness is an act of kindness and goodness, at the same time a path to peace. In fact, forgiving helps you move forwards on your spiritual path. Forgiveness encourages and strengthen compassion between people. By forgiving, you are able to put yourself into others shoes. You feel for others as you do for yourself.

3. Accept failure that you have experienced

As said above, "Everyone makes mistakes". So it is important not to only forgive others but yourself. Failures are not permanent, but only when it comes to you, you gotta stay away from it. If something is not happening as we expected, we become depressed and fill our mind with negative thoughts.

Failures is a part of life, therefore the only thing we can do is to accept it. If you refuse to do so, the weight that is on your shoulder will just gain on and on. Don't be the reason for your own downfall because you refuse to acknowledge that you're imperfect.

To cope with failures is a lesson that everyone should learn in their life, see all mistakes and failure as lesson. Facing your weaknesses is actually to figure out how to cope with your weakness and turn them into one of your strengths. "I never lose, I either gain or learn" says it all. View your error as a win. Knowing what you did wrong is a blessing, because you can find a solution to it. The bottom line is that rather than hiding from your failures by escaping reality or not facing it, face them directly. Identify your mistake, then learn from it.

4. Do things that you like and enjoy

Follow your heart; listen to your voice is the best way to make you happy. "I am happy" can be seldom heard from people nowadays. Dealing with other people's expectations are never easy, and most of the times it saddens you. Many people are forced to do or to learn things that they do not like, and this leads to a lack of motivation, which will then leads to poor performance and outcome. This give rise to the present of failure.

With response to such problem, we all should make goals that follows your heart. Forget about proving yourself to the world, to people around you. But focus on proving that you are good enough and content enough to yourself. When we follow our hearts, we truly begin to love ourselves. We believe that we are exactly the person we should be. We are just as we should be, and we should love the person we are.

We are here to live our life, so never miss out opportunity to shine. Discover new things, challenge yourself. At the end of 2022, you will be able to look back on your life and truly say that I am now a better me.

妙趣橫生

齊來猜字謎

每個謎語都代表一個字，大家來猜猜看吧！

1 一大二小

2 一斗米

3 一百減一

4 口中有十

5 奔跑的米

6 半真半假

7 霸王自刎

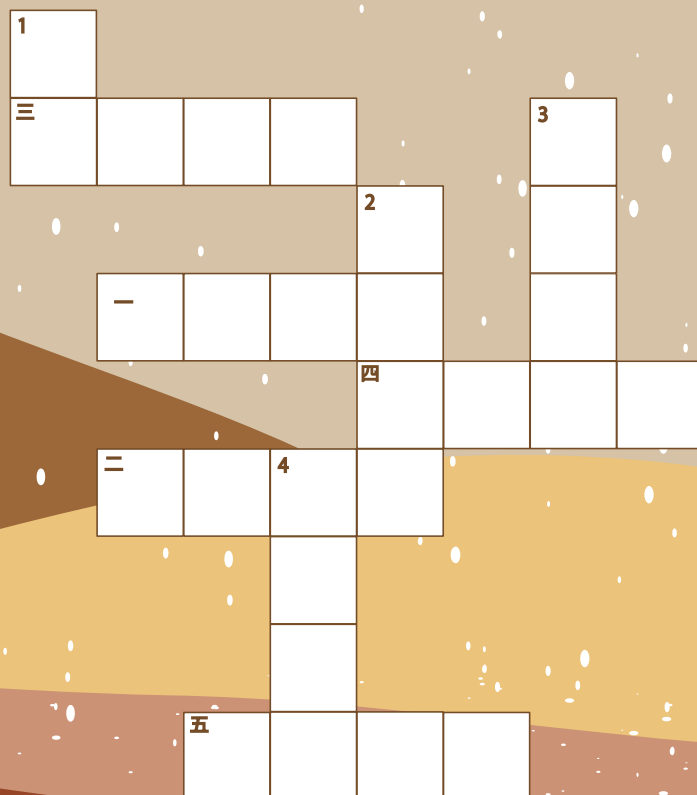
8 鏡中人

9 母女倆

10 三人行，其中有我

填字遊戲

- 直 (1) 「日照香爐生紫煙，遙看瀑布掛前川。飛流直下三千尺，疑是銀河落九天。」描繪的是中國江西哪座山？
- 直 (2) 比喻行動與目的背道而馳。
- 直 (3) 猶言格格不入。
- 直 (4) 指經過長久的時間。
- 橫 (一) 指荒唐離奇而不近常理。
- 橫 (二) 形容戒懼謹慎的樣子。
- 橫 (三) 形容力量巨大，氣勢壯闊。
- 橫 (四) 比喻自招其禍。
- 橫 (五) 一年或半年。指一段不短的時間。



Sudoku

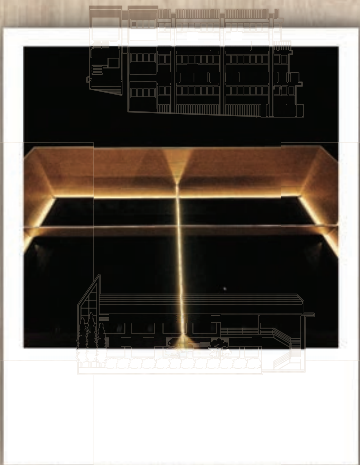
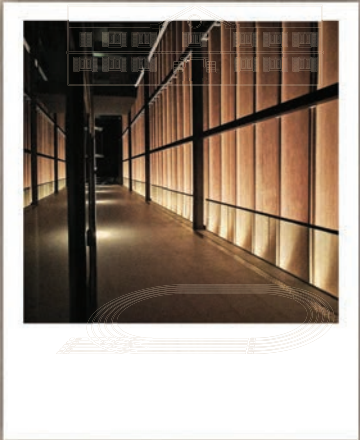
Rule: Each row, column, and square can contain each number (1 to 9) exactly once.

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	5		9	3		1		
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答案
ANSWERS



ANSWERS



尚善樓

BENEVOLENCE
HOUSE

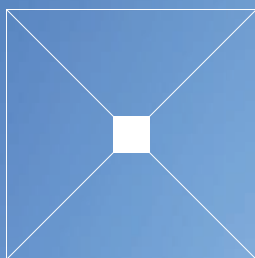


INHERIT AND
INNOVATE
傳承・創新

Benevolence.

/nuh-nev-uh-linse/

(n.) the quality of being and/or inclination towards kindness and generosity



尚善樓

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「尚善」一詞，從靜態而言，可指人之最上佳的善良本德；從動態而言，可指人尊崇、追求至善的渴求。《大學》中有「大學之道，在明明德，在親民，在止於至善」，指出明德修己的終極目標就是「止於至善」。

NOV
18

3:00 PM

OPENING CEREMONY

STAY TUNED!



The College's 120th Anniversary is just around the corner! What's better than marking this milestone with some souvenirs depicting our impressive landmarks? With a whole range of products designed in multitudinous styles, we have something for everyone. To order, just scan the QR code and fill out the form. Let's celebrate this joyous occasion together!



1

Illustrated by
LEUNG KO YAU
(Class of 2010)《春秋》
Silk Scarf**\$285**A unique visual featuring
little egrets and bougainvilleas
surrounding Benevolence House.

Size: L 900 mm x W 900 mm

2



Size: L 152 mm x W 75 mm

120th
Anniversary
Tie**\$54**Designed to commemorate the 120th
anniversary. Patterned with the College
logo in its familiar indigo tone.

3a



Size: L 160 mm x W 160 mm x H 100 mm

Benevolence House
Nanoblock**\$350**A model of the new complex,
established the same year the College
celebrates its 120th Anniversary.

3b



Size: L 110 mm x W 40 mm x H 80 mm

College
Ambassadors
Nanoblock**\$133**An iconic pair of students in
winter uniform.

4



Size: L 70 mm x W 70 mm x H 70 mm

Rubik's
Cube**\$42**Six sides including the College logo and
five tremendous views of the College.

5



Capacity: 480 ml

Benevolence
House
Smart Cup**\$52**Cup lid with LED temperature display.
Body made of double-layer stainless steel,
vacuum insulated.

6



Size: L 145 mm x W 85 mm

Illustrated by
SIMMOU (HOW)
(Class of 2005)

Pins

\$100Six-pin pack, each capturing
a different scene of active
school life.

7



Size: L 110 mm x W 110 mm x H 127 mm

School House
Music Box**\$360**The iconic School House along with East Wing
and West Wing is on top of this music box,
installed in which is the College song.

8



Size: L 90 mm x W 80 mm x H 20 mm

Sundial Bell
Power Bank**\$120**The iconic bell structure outside of
the Special Room Block provides
power for your devices.

9



Size: L 240 mm x W 190 mm (L 70 mm x W 30 mm x 12)

Collectible
Stamps**\$100**Featuring 12 school structures
which have stayed with us
over the years.

10



Size: L 325 mm x W 240 mm

File Folder

\$32Names of roads on campus are arranged in
a nostalgic pattern of neon signs.

11



Size: L 5000 mm x W 20 mm x 3

Illustrated by
ZHANG YU TAO
(Class of 2010)Masking
Tapes**\$35**Japanese washi tapes, one illustrated by
our alumni Zhang Yu Tao (Class of 2010).

12



Size: L 710 mm x W 85 mm

Foldable
Tote Bag**\$60**A compact collapsible bag, awarded the
Japan iF Design Award 2017 & Reddot
Award 2016, decorated with the College
logo and iconic school structures.



INHERIT^{AND}
INNOVATE[®]
傳承・創新

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